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DAY 1 OF THE STASH PROJECT, IN WHICH WE TRY TO TURN THIS STYLISH KITTY INTO THE NEXT #WEBSUPERSTAR PAGES 10 & 11

Parents call in lawyer after all-day kinder surprise

School axed kindergarten rather than move to all-day program as promised PAGE 4

Luongo happy to be finally 'going home' to Florida

Aggrieved Canuck surprised by trade to Panthers, who he spent 5 seasons with PAGE 30

Rocky history for friends of Mr. Peabody & Sherman

Movies featuring Jay Ward characters have never been loved by film critics PAGE 15

NEWS WORTH SHARING.

Will Putin run for his money?

Ukraine crisis. Pressure from Russian billionaires and big trading partners may ward off incursion

While a chorus of voices has been urging Russian President Vladimir Putin to stand down in Crimea, the screaming sound of a sinking Russian economy just might have the most influence.

European and North American leaders have gravely warned Putin that his actions in Ukraine would be costly, with reports suggesting the U.S. would impose sanctions on Moscow in the coming days.

But it appeared a plunging Russian ruble and nosediving global markets may have caused Putin to hit the pause button Tuesday on what he has called a "humanitarian mission" into Crimea.

On Monday, 300 of the world's richest people — including many Russians — lost about $44.4 billion in one day.

Among those suffering the most at rumblings of a showdown between Russia and western allies were Gennady Timchenko and Leonid Mikhelson.

The two own nearly half of Russia's Novatek, one of the world's biggest energy companies; combined they lost $3.2 billion, according to the Bloomberg Billionaires Index.

In fact, more Russian wealth was "wiped out" on Monday — nearly $60 billion — than the $50 billion it cost for the Sochi Olympic Games, Bloomberg reported.

Putin appeared to back down, somewhat, on his military plans Tuesday, telling the world on Russian TV that, at the moment, there was no immediate need to move into the eastern Ukraine. His pronouncement went a long way in the markets and lifted Russian stocks and bonds after Monday's sell-off.

Jack Ablin, chief investment officer at BMO Private Bank, says these days, jobs and a strong, stable economy can matter more than national pride.

"Most people actually place economic growth and prosperity ahead of whatever government they have. The perfect example is Russia, where 80 per cent of Russians believe the economy is more important than what kind of government they have," Ablin said.

"Russians will give Putin a lot of leeway, as long as the economy and markets move forward. Any upset and he could find himself backpedalling."

A float mocking Russian President Vladimir Putin and his actions in the Ukraine makes its way during the Rose Monday parade in Duesseldorf, Germany. More coverage, pages 8 and 9. ANDREAS RENTS/GETTY IMAGES

Priorities

"You can be a three-headed tyrant as long as everyone has jobs and is working."

Jack Ablin, chief investment officer for BMO Private Bank

And while the European Union, Russia's biggest trading partner, is meeting Thursday to discuss sanctions, the EU is showing reluctance for broad-based economic sanctions due to its heavy reliance on energy giant Gazprom.

"Russia holds the key to the gas pipeline. Those pipes run right through Ukraine to Europe," said Ablin.

The last thing the EU needs right now are sanctions and a slowdown of its own precarious economy, he added.

"It is really all about jobs. That is the bottom line. You can be a three-headed tyrant as long as everyone has jobs and is working," Ablin said from San Francisco.

TORSTAR NEWS SERVICE

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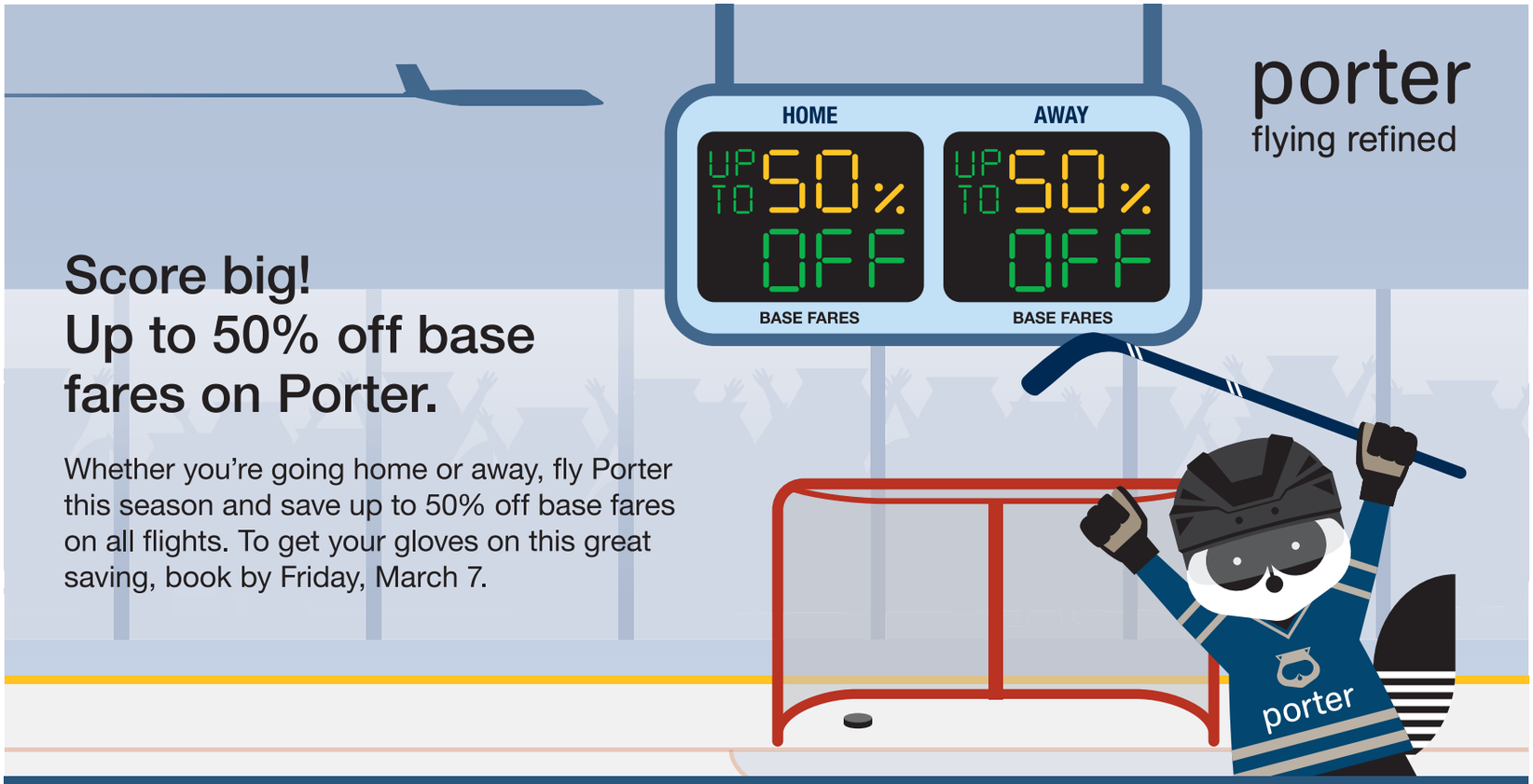
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First Gulf

Developer offers new compromise for Gardiner

Toronto's public works committee is exploring a surprise proposal by a private developer to maintain a section of the elevated Gardiner expressway east of Jarvis.

That proposal, by David Gerofsky, CEO of First Gulf, would see the section of the expressway east of Jarvis realigned and moved to just south of the railway corridor, where it would continue east and loop up to connect to the Don Valley. The Gardiner east of Cherry Street would be taken down and replaced with a grade-level boulevard.

Both moves would free up development space.

TORSTAR NEWS SERVICE

Court documents

Ford friend allegedly threatened women

Accused crack-video extortionist Alexander "Sandro" Lisi — whom Mayor Rob Ford spoke up for — once allegedly threatened a woman by motioning that he would slit her throat, allegedly menaced a second woman by saying he would have acid thrown in her face, and was involved in a car crash that critically injured an elderly woman, according to newly obtained court documents. Most recently, he was convicted in 2013 of threatening to kill a woman.

Those documents reveal that Lisi has a penchant for dirty tricks. Among those: He boasts that he infests his enemy's homes with bedbugs. TORSTAR NEWS SERVICE

He's definitely not going to have time for Matt Damon

Mayor Rob Ford has his forehead wiped by host Jimmy Kimmel on Jimmy Kimmel Live! airing Monday night. Ford says he knew he was "going into a lion's den" when he walked onto the set. After arriving from Hollywood Tuesday, Toronto's celebrity mayor said, "I held my own and I got my message out that I've saved taxpayers' money, all my achievements. I wish I had more time to promote Toronto." Jimmy Kimmel Live! saw its best ratings yet against rival Jimmy Fallon for Ford's appearance, though the latter still retained its No. 1 position for the 11:35 p.m. slot. RANDY HOLMES/ABC/ THE ASSOCIATED PRESS

Community fears for safety as oil-by-rail shipments rise

Crude. Substance transported through one of city's most populated areas without 'any consultation,' says city councillor

More oil, some of it highly flammable crude from North Dakota's Bakken region, is trundling on rail lines through the heart of Toronto in aged tank cars.

Oil-by-rail shipments have increased in Canada in the past five years, from 500 carloads in 2009 to an estimated 140,000 in 2013 as production booms in western Canada and North Dakota.

So, too, have the tank cars on the Canadian Pacific Rail line that runs from the Junction neighbourhood along Dupont Street before curving northward just west of the Don Valley.

"Crude oil has been transported over the past couple years right through the heart of one of the most densely populated areas in the entire country without any consultation, any public notices," said Coun. Josh Matlow, who represents Ward 22 (St. Paul's) which brushes up against the north side of the tracks.

Matlow said he began hearing more concerns about the safety of crude oil shipments in the wake of the devastating explosion in Lac-Mégantic, Que. That train's ill-fated journey took it through Toronto and Montreal en route to tragedy in Quebec. The councillor met with CP several weeks ago, looking for answers on what's being moved and its risks. But he likened it to a "PR exercise." The company was unwilling to even discuss rerouting dangerous goods, he said.

"Just to say, 'That's not something we can look at.' That's not good enough," said Matlow.

Matlow is organizing a "liaison group" of community members and local politicians that he hopes will meet with CP.

Railroad spokesperson Ed Greenberg said the company is prepared to discuss operations with the community and local officials. "Safety is of the highest priority for our railway," he said.

TORSTAR NEWS SERVICE

Quoted

"We don't have the infrastructure for this ... they're blowing up and falling off rail lines all over the country ... and the rail cars are (pop) cans on wheels."

Fred Millar, rail transport consultant

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Parents bring in lawyer to fight for kindergarten

French immersion.
Elementary school axed kindergarten rather than expand to full-day

Families fighting to get full-day kindergarten at their children's elementary school have hired a lawyer to fight the York Catholic District School Board's decision to axe the program at St. Joseph's.

But William Reid, an Aurora lawyer who specializes in education, said the issue affects boards across the province that have a handful of schools not offering all-day kindergarten — which in Greater Toronto includes the Halton, Peel and York public boards.

For now, Reid says he's waiting for a response from Minister of Education Liz Sandals before deciding how to proceed.

The York Catholic board has asked the Ministry of Education to decide if it must run full-day kindergarten in all elementary schools, after a complaint was lodged by Aurora parent Charlene Sant-Wells.

In policy documents, press releases and even on its website, the Liberals originally promised the $1.5-billion-a-year program would be in all elementary schools by this fall.

But some schools, mostly those that are solely French immersion, have decided not to offer it at all. Sandals has said she's heard of other boards grouping kindergarten students at one school, then sending them to their home school for Grade 1.

She said she's always maintained the program will be accessible to all students, but not available in every elementary school. **TORSTAR NEWS SERVICE**

Legislation

"We feel the legislation compels the minister to offer full-day junior kindergarten and senior kindergarten, even in French immersion schools, this September."
William Reid, lawyer

Dragons imagined at ACC

Grammy award winners and Billboard chart-toppers Imagine Dragons thrilled a sold-out ACC on Tuesday night, lead by frantic frontman Dan Reynolds. The Las Vegas-based rockers have been riding the coattails of the biggest hit of 2013, Radioactive, from their debut studio record Night Visions, currently certified platinum in eight countries.
TOM PANDI/FOR METRO

No nudity at Pride Parade: Trustees

Several Toronto school trustees want a guarantee from city hall that there will be no bare bums allowed this year in the Pride Parade, in which the school board has a float.

They will ask the Toronto District School Board Wednesday to agree to ask the mayor and city council whether they plan to enforce Canada's ban on public nudity during the popular parade, a highlight of Toronto's annual Gay Pride weekend, which often includes some naked marchers.

"I have no problem participating with Pride — it's such a wonderful event that's also part of our board's social justice piece — but I cannot sign off to participating and promoting an event where the laws against public nudity are being flouted," said trustee Sam Sotiropoulos, who penned the motion.

"This is not Hanlan's Point (the nude beach on Toronto Island) which has clear signs saying 'Clothing Optional,'" said Sotiropoulos. "We don't have a disclaimer at the parade and this is supposed to be a family-friendly event." **TORSTAR NEWS SERVICE**

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Lawyer's pitch. Could most of city's cops go gun-free?

Most Toronto police officers should be barred from carrying firearms, lawyer Peter Rosenthal, who has represented families of people shot by police, argued in Torstar News Service's Big Ideas series last month.

Should that ever happen, it might be a first for North America, he wrote, but certainly not in the world.

A handful of countries, notably the United Kingdom (excluding Northern Ireland), New Zealand and Norway, do not allow most police officers to carry guns. In the U.K., only authorized officers can keep them on their belt. In the other two nations, guns are kept in vehicles.

After the recent coroner's inquest examining the deaths of three people shot by Toronto police — where the jury recommended more emphasis on verbal de-escalation techniques for police when dealing with mentally ill people carrying weapons — Rosenthal said now is the perfect time to seriously consider his idea.

He would like to see firearms limited to the Emergency Task Force, a specialized police unit of trained negotiators and skilled marksmen. Rosenthal would increase the ETF teams on duty at any time from one to five or six, spread across the city. TORSTAR NEWS SERVICE

By the numbers

- The Toronto police annual report shows there were 23 instances of a firearm being discharged in 2012, down from 35 in 2011.
- Police pointed a gun at a person 889 times in 2012.

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Scenes like this one were all too familiar this winter as Toronto endured one of the cruellest winters on record. When will it all end? Not any time soon, forecasters say. COLIN MCCONNELL/TORSTAR NEWS SERVICE

Oh icy grip!

Chilly, still. Winter looks to overstay its welcome as spring forecast looks bleak

JESSICA SMITH CROSS
jessica.smithcross@metronews.ca

Toronto is coming out of its coldest winter in 20 years and looking forward to a cold spring, according to the Weather Network's spring outlook.

"Unfortunately, we're coming out of a brutal winter in Southern Ontario with temperatures averaging quite a bit below seasonal, especially for January and February," said meteorologist Gina Ressler. "It looks like this trend is going to continue into March."

"We may have a few tastes of milder air, but we're not going to have any extended stretches of warm air until later into the spring — April or May," she added.

In Toronto, the 30-year average daytime high is 5 C in March, 12 C in April and 19 C in May. This March will be a few degrees colder than that — and much colder than the unusually warm spring Torontonians will remember from 2012, when temperatures regularly hit double-digits.

Toronto has seen the most snowfall it's had in five years and cold temperatures have kept it on the ground.

"We've had continuous snow on the ground since Dec. 9," she said. "Usually we would get mild spells in the winter to melt the snow away, but we really haven't had that this winter."

Torontonians should notice snow sticking around through March, and possibly into April, said Ressler. The snowpack acts as a "feedback mechanism" that keeps warmer temperatures at bay, because warmer air is cooled by melting snow.

"We're really going to have to melt this snowpack before we see warmer temperatures," she said.

The Great Lakes have had a nearly record-breaking amount of ice cover. The lakes were 95 per cent covered in 1979. This year, in the last few weeks, the lakes have been 85 to 90 per cent covered, she said.

Bearer of bad news

'We're not going to have any extended stretches of warm air until later into the spring."
Meteorologist Gina Ressler

Commercial a first

TV goes to pot

It seems marijuana is, once again, making history south of the border.

On Monday, a TV commercial about a medical marijuana service began airing on Comcast, the largest cable operator in the U.S.

It's believed to be the first time a major network has shown a commercial about pot, according to MarijuanaDoctors.com, a company that connects patients with pot-friendly doctors in the 21 states where medicinal cannabis is legal.

TORSTAR NEWS SERVICE

Kentucky to appeal gay-marriage case

The ruling. Unless a higher court steps in, same-sex couples married outside the state must be recognized

The governor of Kentucky said Tuesday the state will hire outside attorneys to appeal a judge's decision granting legal recognition to same-sex couples married in other states and countries after the attorney general announced that he would not pursue the case further.

The split legal decisions from two Democrats come four days after a federal judge gave the socially conservative southern state 21 days to implement a ruling overturning a voter-imposed ban on recognizing same-sex unions.

The disagreement comes against the backdrop of similar rulings or actions in several other states where same-sex couples have long fought for the right to marry. Gay-marriage advocates have enjoyed a stunning series of legal victories as judges have overturned voter-approved bans in Texas, Oklahoma, Utah and Virginia.

At least 17 states, mostly in the Northeast, and Washington, D.C., allow same-sex marriage. Others may soon follow depending on how federal appeals courts, and eventually the U.S. Supreme Court, rule on state bans that have been overturned.

THE ASSOCIATED PRESS

Kentucky Gov. Steve Beshear. THE ASSOCIATED PRESS

Michigan

It's OK if you are annoying

It's soon expected to be OK to be wilfully annoying in Grand Rapids. The Grand Rapids Press reports that the City Commission is nixing a 38-year-old section of city code that states "no person shall wilfully annoy another person." City Attorney Catherine Mish recommended repealing the language, saying the wording is vague and unenforceable.

THE ASSOCIATED PRESS

Nova Scotia

Bar society told to tolerate Christian values

Excluding law school graduates from working in Nova Scotia because they attended a university that prohibits same-sex intimacy would be discriminatory, the university's president told the province's bar society Tuesday. He said religious beliefs won't prevent students from acting professionally and ethically.

THE CANADIAN PRESS

Mardi Gras in New Orleans

Members of the Krewe of Zulu hold painted coconuts to give to parade-goers as they march during Mardi Gras in New Orleans on Tuesday. The Zulu parade began on schedule, led by a New Orleans police vanguard on horseback that included Mayor Mitch Landrieu.

GERALD HERBERT/THE ASSOCIATED PRESS

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Putin ratchets down tensions over Ukraine

Tough talk. Russian president takes jabs at the West, insists he has no intention of annexing Crimea or fighting 'the Ukrainian people'

Vladimir Putin talked tough but cooled tensions in the Ukraine crisis in his first comments since its president fled, saying Russia has no intention "to fight the Ukrainian people" but reserved the right to use force. As the Russian president held court Tuesday in his personal residence, U.S. Secretary of State John Kerry met with Kyiv's fledgling government and Moscow agreed to sit down with NATO.

Although nerves remained on edge in Crimea, with Russian troops firing warning shots to ward off Ukrainian soldiers, global markets catapulted higher on tentative signals that the Kremlin was not seeking to escalate the conflict. Kerry brought a $1-billion aid package to a Ukraine fighting to fend off bankruptcy.

Putin delivered a characteristic performance filled with earthy language, macho swagger and sarcastic jibes, accusing the West of promoting an "unconstitutional coup" in Ukraine. At one point he compared the U.S. role in Ukraine to an experiment with "lab rats."

But the overall message appeared to be one of de-escalation. "It seems to me (Ukraine) is gradually stabilizing," Putin said. "We have no enemies in Ukraine. Ukraine is a friendly state." He tempered those comments by warning that Russia was willing to use "all means at our disposal" to protect ethnic Russians in the country.

Significantly, Russia agreed to a NATO request to hold a special meeting to discuss Ukraine on Wednesday in Brussels, opening up a possible diplomatic channel in a conflict that still holds monumental hazards and uncertainties.

In his meeting with reporters on Tuesday, Putin said Russia had no intention of annexing Crimea, and hammered away at his message that the West was to blame for Ukraine's turmoil, saying its actions were driving Ukraine into anarchy.

Russia's Foreign Ministry derided U.S. threats of punitive measures as a "failure to enforce its will and its vision of the 'right' and 'wrong' side of history" — a swipe at President Barack Obama's statement Monday that Russia was "on the wrong side of history." THE ASSOCIATED PRESS

Russian President Vladimir Putin listens to journalists' questions at the presidential residence outside Moscow on Tuesday. ALEXEI NIKOLSKY/RIA NOVOSTI/THE ASSOCIATED PRESS

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Manpower

300

Col. Yuri Mamchur, pictured here, led around 300 unarmed Ukrainian officers to the base outside Sevastopol, Ukraine, in a peaceful attempt to retake their airfield. Russian soldiers drove the troops back by firing warning shots into the air.

Concern

"We are worried. But we will not give up our base."

Ukrainian Capt. Nikolai Syomko, an air force radio electrician patrolling the back of the compound. He said the soldiers felt they were being held hostage, caught between Russia and Ukraine.

Standoffs

Russia's seizure of Crimea has not gone as smoothly as Moscow may have expected. Ukrainian soldiers have refused to hand over weapons or switch allegiances, resulting in strange standoffs between men surprised to find themselves on opposing sides.

Ottawa shows solidarity

The Ukrainian flag flies on Parliament Hill in Ottawa on Tuesday, the day after the House of Commons passed a motion condemning Russia's incursion into Ukraine.

FRED CHARTRAND/THE CANADIAN PRESS

Fraying ties

PM: Joint military operations with Russia scrapped

Canada has suspended all joint military activities with Russia, Prime Minister Stephen Harper said Tuesday as Vladimir Putin lashed out at threats of sanctions and accused the West of sowing divisions within Ukraine.

Canada will no longer take part in an anti-terrorism drill involving Canadian and Russian air forces and has pulled out of scheduled meetings, Harper said in a statement.

The prime minister also threatened to further sever the already frayed ties between the two countries.

"We continue to view the situation in Ukraine with the gravest concern and will continue to review our relations with President Putin's government accordingly," the statement said.

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Look out, Lil Bub — it's Stash!

Metro attempts to make this cat go viral

So how do things go viral, anyway?

SHANE GIBSON
Metro in Winnipeg

On the surface, pictures of cats in hats, grown men pretending to be Star Wars characters and a link that unexpectedly opens a video by a one-hit wonder from the '80s all seem like just good ways to have a chuckle while frittering away time at work. But in reality, Internet memes have become a serious business.

Sites like cheezburger.com — credited with bringing into the mainstream the whole cute-cat-picture thing you'll know from your Facebook feed — are worth big money. But that wouldn't be possible if they were run by a couple of bored office workers looking at pictures of cats; a site can only be worth millions if its content is seen by millions. In other, more au courant words, it has to go viral.

But, we wondered, at what point can it be said that something has gone viral? And how exactly does that even happen?

Generating buzz

"One of the funny things about it is if you're intentionally trying to start a meme you have to look like you're not intentionally trying to start it."
Social-media expert Tim Hwang

If anyone knows the answers, it's San Francisco based Tim Hwang. He's been chuckling at memes and image macros since before it was cool and, having surmised somewhere along the way that he was an authority on the subject, organized ROFLCon, the first Internet-culture convention, which debuted in 2008.

It's not an exact science, the 27-year-old self-described social-media expert told Metro, but there are a few things to keep in mind if you want your picture of little Fluffy to explode online.

"One of the funny things about it is if you're intentionally trying to start a meme you have to look like you're not intentionally trying to start it," he said.

Hwang believes the culture's most recognized memes share two properties. The first is simplicity. "For Grumpy Cat, for example, there was one funny image that people could Photoshop.... They've been successful because it's really easy for people to contribute." The second is malleability, which allows audiences to customize and then reshare the images. "Memes need to provide a way for you to participate online to be successful," Hwang said.

"The really interesting thing about memes is that, certainly in the last few years, the world for them has gotten a lot more commercialized. Which is both good and bad.... I think it's been a trade-off. It's really great that a lot more people are connected to the culture of the web, but in some ways the Internet has lost some of its original community feel."

Hwang said that to truly go viral most successful memes and image macros need time online to pick up a dedicated following, and then need the help of mainstream media to really explode. Metro, being part of the mainstream media, decided not to press our built-in advantage on Step 2, the better to understand Step 1 from the point of view of a normal Internet user.

Internet cat-lebrities

Lil Bub

Known for her perma-kitten appearance, Lil Bub is a dwarf cat with a lolling tongue and a big heart. She's spawned a merchandise empire, and boasts an impressive array of social media followers. She even has her own talk show.

By the numbers:

Born: June 21, 2011
Facebook fans: 645,000
Twitter followers: 34,500
Instagram: 358,000
YouTube subscribers: 105,000

Nala Cat

Quite possibly the only cat with over one million Instagram followers, Nala is a Siamese-Tabby mix known for her blue eyes and love of bow ties.

By the numbers:

Estimated age: 3
Facebook fans: 110,627
Instagram: 1,100,000

Meet Stash the Moustache Cat ...

Cute, cuddly and the main character in our quest for worldwide fame, this cat possesses a unique look. Stash came to her owner, Metro Winnipeg managing editor Elisha Dacey, in a special way: Stash and his sister Mya were found abandoned in a box and taken to a local pet shelter, which already had an abundance of kittens and was hoping for some press coverage to spur adoptions.

Reporter Shane Gibson took a photo of Stash, and it was love at first black-hair-fluff-under-nose sight.

Dacey wasted no time in adopting Stash, along with his sister, Mya.

We all know the Internet runs on cats. Stash, with his ridiculous moustache, proved the purr-fect protagonist in our quest to answer some culturally pertinent questions: How easy is it to make a cat popular online?

How popular would this particular (and particularly moustachioed) cat have to get before we could fairly call him a viral sensation, like Lil Bub?

Our answer may surprise you. **Bernice Pontanilla/Metro in Winnipeg**

Online

For a video and photos of Stash and more, go to metronews.ca

The virality checklist

Tim Hwang said that deciding whether something has gone viral is fundamentally subjective and that it's impossible to set purely numerical targets. But for the purposes of our experiment, he suggested some broad categories against which to evaluate our success.

SHANE GIBSON/METRO IN WINNIPEG

1. **How many Instagram followers can we accumulate?** ✓
2. **How many images can we collect from followers? (That is, how many times did someone use our 'template' to create a new meme?)** ✓
3. **How much action on Reddit, the self-proclaimed front page of the Internet, can we generate?** ✓
4. **How much traffic can we drive to Stash's website, stashthemoustachecat.com?** ✓
5. **How many views of Stash's Imgur pictures can we achieve?** ✓

Maru

One of the first cats to garner online fame, Maru is a Scottish fold from Japan whose fascination with boxes has been delighting YouTube users for years.

By the numbers:

Born: May 24, 2007
YouTube subscribers: 428,000

From cats to coups in the 'Global Village'

It was University of Manitoba graduate and University of Toronto professor Marshall McLuhan who coined the term the "Global Village" back in the early 1960s.

Though the Internet arrived years after McLuhan's death, he foresaw that technological advances would bring about a world that would once again be reduced to a village, albeit a very large one.

McLuhan's vision, one can easily argue, has come true: Trends and news now travel at the speed of a click.

And while it occurs for such silly things as music videos — think Psy's Gangnam Style, which has 1.9 billion views and counting — it has also proved useful for serious events such as the recent crisis in Ukraine.

BERNICE PONTANILLA/METRO IN WINNIPEG

Canadian prophet

"The new electronic interdependence recreates the world in the image of a global village."

Canadian communication theorist and intellectual Marshall McLuhan (1911-1980)

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Fiscal plan? Psssh! Have you heard my recess plans?

U.S. President Barack Obama sits with Marcus Wesby and other preschool students during his visit to Powell Elementary School in the Petworth neighbourhood of Washington on Tuesday. Obama visited the school to talk about his fiscal 2015 federal budget proposal, which was released Tuesday. PABLO MARTINEZ MONSIVAIS/THE ASSOCIATED PRESS

Dear U.S., please OK Keystone

Sincerely, Canada.

Our government sends America a letter asking that the controversial project gets approved

The Canadian government is expressing a desire to work with the United States on reducing oil and gas pollution in a letter to the Obama administration that calls for approval of the Keystone XL pipeline.

The letter argues the merits of the pipeline on environmental, economic and energy-security grounds — and it suggests a willingness, without offering specifics, to take additional steps to curb greenhouse-gas emissions.

The three-page note from Canada's ambassador to Washington, Gary Doer, says the two countries have already worked together on different climate initiatives, including vehicle-emissions standards, and they can do more.

THE CANADIAN PRESS

Poll finds

Average RRSP contribution dips

Two-thirds of Canadians polled would like to have put more money into their RRSPs for the 2013 tax year, according to a new survey that found average contributions were down slightly. The Bank of Montreal's survey, conducted last week, said Canadians were contributing an average of $3,518 to their RRSPs, down $26 from an average of $3,544 for the 2012 tax year.

THE CANADIAN PRESS

Market Minute

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THERE'S A DIRE NEED FOR ... CLOWNS?

JUST SAYIN'

Paul Sullivan
metronews.ca

There's a worldwide shortage of clowns.

I'm not clowning around. I'm serious. According to an "exclusive" story in the New York Daily News, the membership of the World Clown Association has declined by 1,000 in the past decade, from 3,500 to 2,500.

This has implications for the future of clowning:

Instead of "Send in the clowns," we'll have to change the lyrics to "Send in a clown" or "Is there a clown around?"

At the point in the circus where all the clowns pile out of the VW Beetle, we'll have to add a few acrobats and lion tamers to beef up the numbers. Maybe the plate spinner and the knife thrower.

Desperate times. It's enough to wipe the smile off any clown's face, but of course you can't do that because it's painted on.

Various reasons are offered for the decline but the main one is attrition. The old clowns are dying off, and there aren't enough young ones ready to take over. Young people who think they're funny go into stand-up comedy, where you don't need a red nose, just a potty mouth.

But I think the real culprit is Stephen King, who wrote about a creepy clown called Pennywise in It, the scariest novel ever written, back in 1986. Pennywise offered kids balloons and then ate them (the kids, not the balloons).

Clowns have never been the same since. Instead of lovable old Bozo, we have Krusty of the Simpsons, the disreputable echo of Pennywise.

Of course, there was the notorious real-life creepy clown John Wayne Gacy — the Chicago serial killer who was responsible for at least 33 deaths throughout the '70s of young men and boys. When he wasn't murdering people and burying them under his porch, he entertained children as Pogo the Clown.

After Pogo, Pennywise and Krusty, no one in their right mind would want to be a clown.

It's too bad, really. A clown can happy up a birthday party, but these days Princess doesn't want some dumb old clown; she wants Justin Bieber — and the way he's going, he'll be doing birthday parties by July.

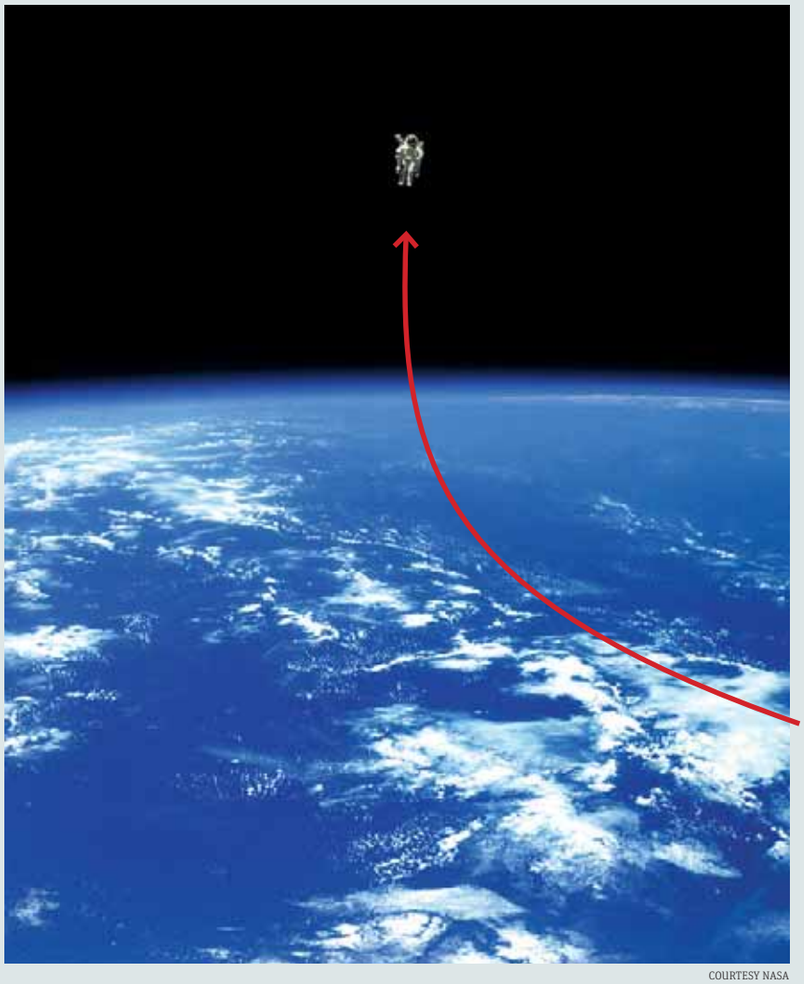
Talk about creepy clowns.

If this keeps up they may have to lower the standards at clown boot camp. Yep, at last year's Ringling Bros. Clown College (it's hard to resist the urge to spell everything with a "K," as in Klown Kollege) only 14 out of 531 applicants were selected to attend boot camp (Clown Feet 101? Introductory Pratfalls?) and only 11 of those were hired on to the circus.

At that rate they'll have to retire the VW Beetle. Smart car, maybe?

ZOOM

Oscar-worthy picture by NASA



COURTESY NASA

Gravity images outshine movie

Space drama Gravity was the big winner on Oscar night — now savour the movie's inspiration. NASA has released spectacular real-life space photos that are strikingly reminiscent of the jaw-dropping scenes and panoramas from the movie. The space agency tweeted the set of archive images under #RealGravity. METRO

Astronaut says

"I told (Sandra Bullock) that I had long hair, and if you pulled a hair out and pushed it against something, you could move yourself across the space station. That's how little force it takes."

NASA Expedition 26 astronaut Cady Coleman, explaining to Gravity star Sandra Bullock what life is like in micro gravity.

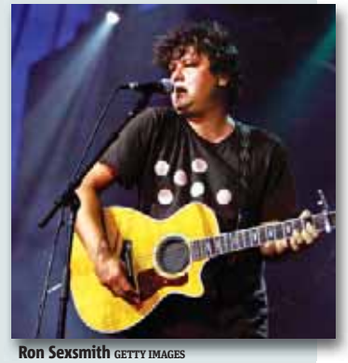
Art imitates life

In this 1984 image that showcases the chilling yet beautiful isolation of space, NASA astronaut Bruce McCandless II was photographed further away from his spaceship than any other astronaut in history. He was able to do so thanks to a nitrogen jet-propelled backpack. He was 98 metres from the Challenger orbiter. METRO

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Despite the best efforts of a certain lamentable patent troll, podcasting is still going strong and the diversity of presentations, subjects and gimmicks becomes more diverse by the day. Here are three can't-miss subscriptions on iTunes.



Ron Sexsmith GETTY IMAGES

Sodajerker:

A British songwriting team turns their love of music into an excuse to talk songwriting with some of their heroes. Nick Lowe, Johnny Marr, Rufus Wainwright and Ron Sexsmith are just a few of the many to sit down to talk about their lives, their feuds and, of course, their songs.

Welcome To Night Vale:

We've already mentioned the wonderfully weird premise of a community radio station broadcasting from a small town besieged by supernatural events and the machinations of mysterious, all-powerful figures. However, I still meet people who have never heard of it — even though they have a perfectly good Internet connection. Absurd.

IRL Talk:

Formerly known as Geek Friday, the new name manages to hang onto the Internet jargon while not scaring away those too delicate to handle being called a *spit* geek. But the material remains the same — witty talk about whatever foolishness or tech is hot this week, alongside evergreen topics like the loathsomeness of trolls or the great butlers of pop culture history.

Comments

RE: Proper Spelling Is Sexy, says Metro's Jessica Napier, published March 4

there is nothing wrong with "donut". there's nothing wrong with "text-speak". you write as if something vaguely horrible will happen if we don't quickly fix all these terrible things that are destroying language. there is no evidence anywhere that we're all being hopelessly confused by the lack of a comma. linguists know this perfectly well, but authors like Lynne Truss only fan the flames of this manufactured "grammar police state". ugh.

Hank posted to metronews.ca

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WELCOME to the BIG HOUSE.

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Creator goes WABAC to Rocky & Bullwinkle well

Improbable history.
Time-travelling cult TV cartoon characters get big-screen treatment

IN FOCUS
Richard Crouse
scene@metronews.ca

Rocky & Bullwinkle spinoff Mr. Peabody & Sherman stars the voices of Modern Family's Ty Burrell, Stephen Colbert and Leslie Mann. CONTRIBUTED

Jay Ward may not be a household name, but many of the characters he created are.

As the grand poobah at Jay Ward Productions he produced the animated television shows that gave us Rocky & Bullwinkle, Dudley Do-Right, Peabody and Sherman and George of the Jungle among others.

His cartoons weren't just for kids. The Los Angeles Times wrote, "The good ones, which Ward was a master at creating, worked at two levels: One direct and another wonderfully satiric."

This weekend his characters take over the big screen in Mr. Peabody & Sherman, an animated film starring the voices of Modern Family's Ty Burrell, Stephen Colbert and Leslie Mann.

Mr. Peabody & Sherman isn't the first film based on Ward's characters.

In a 1992 television movie (originally shot in 1988 for theatrical release) SCTV alum Dave Thomas played Boris Badenov, "world's greatest no-goodnik." With his partner-in-crime Natasha Fatale (Sally Kellerman) he leaves Pottsylvania for the United States to retrieve a microchip. TV Guide said, "as a 90-minute feature film, it's at least 80 minutes too long," but it's worth a gander to see one of the rare live action performances of June Foray, the original voice of Rocky.

Brendan Fraser brought two of Ward's characters to life, George of the Jungle and Dudley Do-Right.

George of the Jungle is a riff on Tarzan. He's a boy raised in the jungle by an ape (John Cleese) but who never mastered the art of swinging from tree to tree. Rotten Tomatoes gives it a 56% Fresh Rating, but the film remains most memorable for the catchy "George, George/ George of the Jungle/ Strong as he can be/ Watch out for that tree," theme song by the Presidents of the United States of America.

Two years later Fraser was back in another Ward inspired movie about a bumbling Canadian Mountie called Dudley Do-Right who "always gets his man."

Co-starring with Sarah Jessica Parker and Alfred Molina, the story saw Dudley track his nemesis, the depraved Snidely Whiplash. Bad reviews — USA Today called it a "Dead-carcass spinoff of Jay Ward's animated TV favorite" — doomed the movie, but the character lives on as part of an amusement park ride called Dudley Do-Right's Ripsaw Falls at the Islands of Adventure theme park.

Finally, despite a big name cast — Jason Alexander, Rene Russo and John Goodman — The Adventures of Rocky & Bullwinkle bombed at the box office despite Robert De Niro doing a take on his famous "You talkin' to me?" speech from Taxi Driver.

Finding their 'wayback'

Based on Peabody's Improbable History segment from the Rocky and Bullwinkle Show, the movie sees the duo use the WABAC machine to ping pong through time, interacting with everyone from Marie Antoinette to King Tut to Leonardo da Vinci and Albert Einstein.

A modern take on Middlemarch

Rebecca Mead. New memoir chronicles the effect the classic George Eliot novel has had on a New York writer's life

George Eliot's Middlemarch may have been published almost 150 years ago, but it's suddenly having a moment thanks to New Yorker writer Rebecca Mead.

Mead's new memoir, My Life in Middlemarch, examines how the classic novel has affected her life. In the process, it appears to have drawn new readers to Eliot's masterpiece.

"One of the happy side effects of writing this book for me is that it's leading people to read Middlemarch who haven't read it," Mead said in a recent interview, noting that Eliot's weighty tome is suddenly a hot seller on Amazon.

"I hope that you'll read Middlemarch (after reading my book), or that you'll want to."

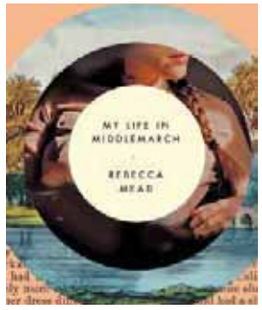
Love of literature

"One of the happy side effects of writing this book for me is that it's leading people to read Middlemarch who haven't read it."

Writer Rebecca Mead on her new memoir My Life in Middlemarch

Eliot's sprawling tale, which touches on themes of marriage, money and idealism, first made an impact on Mead when she was a 17-year-old growing up in England. At the time, she was drawn to the character of the young gentlewoman Dorothea Brooke.

"She wants to have a more significant life. She wants an intellectual life. She doesn't really know what she wants but she knows she wants something more than just marrying the baronet next door," said Mead, 47.



"And I was trying my hardest to get out of my provincial town, trying to get into Oxford University when nobody in my family had ever gone before ... this character who wants something similar spoke to me very, very vividly."

In her 20s, when Mead was living in New York City, working as a journalist and wondering if she would get married, a re-reading of Middlemarch had her pondering the relationships in the novel.

Later on in her career when she revisited Eliot's book, she found herself relating to the character of Tertius Lydgate, an aspiring doctor who ultimately compromises his professional ideals.

"That story of how can it all go wrong and how can you lose your ideals.... You wanted to cure cancer and you end up shooting Botox into rich ladies," Mead said with a laugh.

As her 40s hit, Mead said, Middlemarch struck a chord in terms of "the resignation and limitations that you start to feel settling in upon you when you are entering middle age and thinking of things you have not done and are never going to do."

Such personal revelations are traced in My Life in Middlemarch, although it is by no means a tell-all memoir.

Writer Rebecca Mead. COURTESY ELIZABETH PROCHNIK

"I didn't know how much memoir there was going to be until I was writing it, what balance would feel (right)," said Mead.

"It takes a certain kind of leap of confidence or 'not caring' to reach a point where you say: 'All right, I'm going to write about me and my life ... and I've spent 20, 25 years writing about people who aren't me ... so there was something to get over in that undertaking. But once I did it, it was really fun."

While it may seem like a leap of faith to write a memoir about a meaty classic novel in an era of dwindling book sales and reduced attention spans, Mead still believes there are a lot of avid readers in the world.

And she's hoping her memoir may bring a few of them to Eliot, who she believes, deserves the kind of respect popular culture has recently afforded to Jane Austen.

"(Eliot) is at one time widely acknowledged to have written what may be the best novel in the English language ... but I think people who love her and people who love this book ... we feel a little bit as though she's not appreciated as much as she should be," said Mead.

"For anybody that has loved Jane Austen, she's like a gateway drug.... (Eliot is) the next step for anyone who loves that kind of thing but doesn't know where to go next."

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New crib, new crew for season two

Big Brother Canada.
Reality show keen on grooming goofy houseguests for sophomore run

In the scheme of things

Big Brother Canada returns Wednesday on Slice and Global, airing three nights a week, Wednesdays, Thursdays and Sundays on Slice.

The global Big Brother franchise is known for encouraging its outlandish participants to lie, manipulate and scheme their way through the game.

In the Canadian spinoff, the reality show also wants the backstabbing cast to provide plenty of laughs, and producer John Brunton says that meant seeking out some seriously funny house guests.

"Comedy combined with all of the drama and the tears and the heart-and-soul and the absolute insanity of it all, I think it's an important part of the mix," says Brunton, going on to compare the Canuck version to incarnations around the world.

"Perhaps we view that as an important part of the mix more than people do in some other places." The Slice series returns Wednesday with a whole new crew of attention-seekers ranging in age from a 20-year-old student to a 43-year-old Cape Town refugee.

Most of the 14 houseguests are in their 20s, with a 15th contender set to be revealed during the premiere.

Brunton says one of the surprises of last year's debut was how goofy things got — when people weren't having tantrums or tear-filled breakdowns, that is.

He's hoping for more of the same this year.

The antics will unfold in a brand new Big Brother Canada house — an unexpected changeup that only came about because the studio used for the inaugural Big Brother Canada season was sold, says Brunton.

This season's cast of Big Brother Canada. CONTRIBUTED

The new home-away-from-home is smaller but features a two-level layout that puts the bedrooms on a separate floor.

Season one finalist Gary Levy encourages season two schemers to have fun and not take things too seriously.

"You can't really map out what's going to happen in that game, it kind of just unfolds," says Levy, who injected a lot of levity with his flamboyant cross-dressing persona Glitter Gary.

Levy emerged as such a fan favourite that he gets his own show this year, alongside fellow season one houseguest Peter Brown, with the Big Brother Canada Side Show.

The after-show, hosted by Big Brother Canada host Arisa Cox, will feature interviews with eliminated competitors and special guests.

Levy says he and Brown each have strong opinions about what they'd like to see this year.

"Peter really wanted there to be more challenges — tasks for the houseguests to do — because he thought that was really fun and I agree with him on that. Having tasks really brings the houseguests together a little bit more and there's more friendships and you have more memories."

Levy, who won $20,000 as the runner-up, says he would love to see a Pandora's Box this season — presented in U.S. versions as a small door in the head of household room that unleashes good and bad consequences when opened.

"I think those are fun because you open them up and you never know what you're going to get," he says.

Brunton teased that new elements will be introduced this year, but he wouldn't say what.

"It's all about evolution."

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Children aged 6-12 years are needed for a research study

This research study is being coordinated by the Canadian College of Naturopathic Medicine (CCNM), in Toronto, Ontario, Canada.

The purpose of the research study is to investigate the safety and effectiveness of a natural health product (containing the nutrients zinc, magnesium, vitamin B6, and vitamin C), in managing the symptoms of ADHD in children.

To participate in the study, your child will need to:
☐ Have a diagnosis of ADHD, and undergo two screening questionnaires
☐ Be willing to take 3-7 chewable tablets (based on weight), daily for 10 weeks
☐ Have two small blood draws taken, at the beginning and end of the study
☐ Attend two 60-minute study visits, at the beginning and end of the study

As a parent of a child in the study, you will need to:
☐ Attend the visits with your child (travel expenses may be reimbursed)
☐ Ensure that your child follows their usual diet for the duration of the study
☐ There are no costs to participate; a $50 honorarium will be provided

Participation is completely voluntary.
For more information contact Dr. Christopher Knee, ND (Research Coordinator) at cknee@ccnm.edu or 647-981-4681.

Cameron Diaz ALL PHOTOS GETTY IMAGES

Cameron and Sofia finally Spike Jonze of contention

It took more than a decade, but Cameron Diaz has reportedly forgiven director Sofia Coppola for the perceived slight of Anna Faris' ditzy actress character in Lost in Translation, suspected by many to be based on Diaz as retaliation for her flirtation with Coppola's then-husband, Spike Jonze. "Sofia and Cameron have had an incredibly difficult relationship since 1999, the year Sofia married Spike. It only got worse when the film came out and it became pretty well-known that part of the movie was based on their real-life feud," a source tells Radar Online — though Coppola has downplayed the comparison. "There has been a thaw in the relationship between Sofia and Cameron in recent months. They had drinks this summer and cleared the air, possibly even paving the way for a future collaboration."

But the Lost in Translation damage isn't completely repaired, as Diaz is apparently still pretty miffed at Faris for her performance. "Cameron still refuses to talk to Anna," the source adds. "And she has never publicly addressed the movie scene in question. It's an off-limits topic."

Lena Dunham

Lena takes on Archie's girls Betty and Veronica

Lena Dunham is trading her usual clique of Girls for two other ladies: Betty and Veronica. Archie comics chief creative officer Roberto Aguirre-Sacasa has asked Dunham to write four new stories for the 75-year-old comic book series, and she readily agreed.

"We heard she was an Archie fanatic, and we run in similar circles, so I was able to reach out to her," Aguirre-Sacasa, who was also a writer on Glee, tells Comic Book Resources.

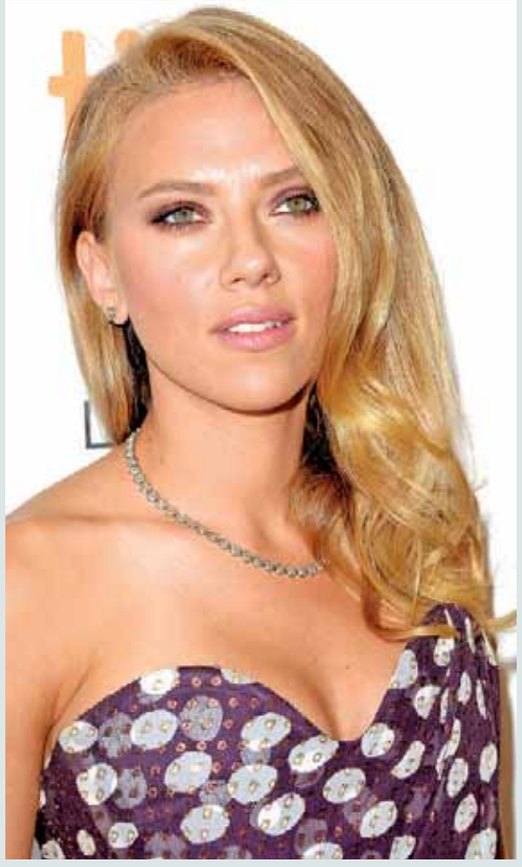
His lips are sealed as to what the new storyline will be, but he did say it is very contemporary and gives the classic comic book a unique spin.

"I was an avid collector of the comic as a child," Dunham says in a statement that was released after the news was announced. "Conventions, first editions that I kept in plastic sleeves, the whole shebang. It has so much cultural significance but also so much personal significance, and to get to play with these beloved characters is a wild creative opportunity."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



ScarJo will be rocking the cradle with French fiancé

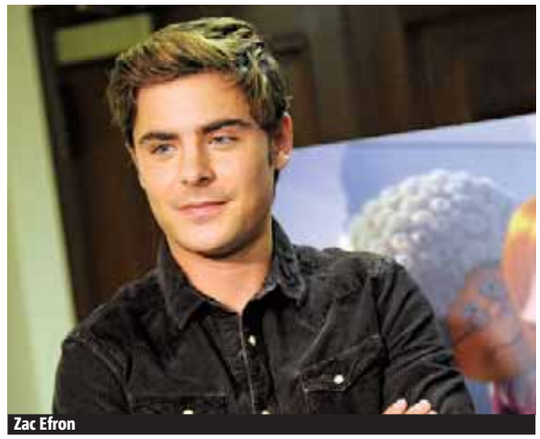
THE WORD
Dorothy Robinson
scene@metronews.ca

Scarlett Johansson, 29, is expecting a baby with her French fiancé, Romain Dauriac, E! News confirmed.

Not much is known about Johansson's baby daddy. Alternate reports have him as a journalist, the head of a creative agency and an advertising director. Whoever he is, he has excellent taste: Johansson showed off her ginormous vintage art deco engagement ring at the Venice Film Festival in September.

Did ScarJo know she was pregnant when she talked with the Daily Mail in December? "I would like to have my own family, that would be nice," she said. "They say it's never the right time and I am sure that's true, but I think you have to plan it like anything else." Looks like that time is now.

But what does the happy news mean for Johansson's next turn as Black Widow in Avengers: Age of Ultron? The actress is set to begin work on the sequel to the 2012 hit on April 5 following her promotional tour for Captain America: the Winter Soldier, and while Marvel Studios has no comment about adjusting her schedule, an insider says, "They're going to fast-track her scenes."



Zac Efron

Zac says no, no, no while recent rehabber Selena sips Oscars night away

While Zac Efron may have attended the Academy Awards festivities Sunday night with a sober coach in tow, recent rehab resident Selena Gomez reportedly let loose at the Vanity Fair Oscar party, sources tell Radar Online. The Spring Breakers star was "drinking constantly throughout the entire party when I saw her," a source says. "She was having a grand old time, and towards the tail end she was stumbling in her heels and almost toppled right over." In January, Gomez slipped off to an Arizona rehab facility for a two-week stay, though her rep said it was "not for substance abuse."

Thicke hopes reunion with Patton pending

Robin Thicke is pulling out all the stops in trying to win back estranged wife Paula Patton. Following a quick trip to Vancouver to try to make things work with Patton, Thicke has been using his live shows as a soapbox to proclaim his love, according to E! News. In Virginia last week, he told the crowd, "Me and my wife separated, but I'm trying to get my girl back" before launching into his hit Lost Without U. And this week, while performing in Atlantic City, he added Al Green's classic Let's Stay Together to his set list, preceding it with another heartfelt monologue:

Robin Thicke

"Never stop believing and you never stop loving. And even if it is over, make sure you treat each other right. Treat your family right," he told the crowd.

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METRO DAY AT H&M

Finding the magic in Mexico

Loreto. This sleepy seaside village is the destination developers forgot — so get there before the hordes do

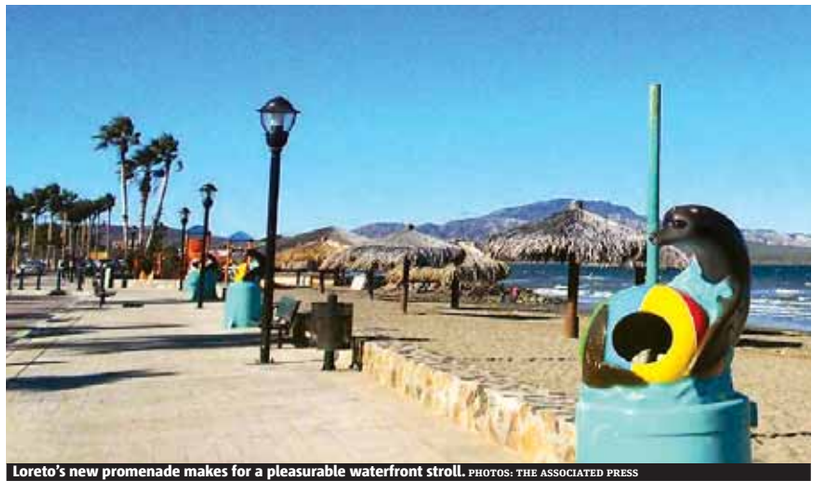
Efforts to turn the Mexican seaside village of Loreto into a major destination have been going on for years. So far, though, the results have been limited, and that in itself makes it worth visiting.

Loreto is already a gem — a historic town nestled between gold-hued mountains and the blue Sea of Cortez. It's known mainly to whale watchers (late winter), sport fishermen (year-round) and snowbirds who drive down from British Columbia.

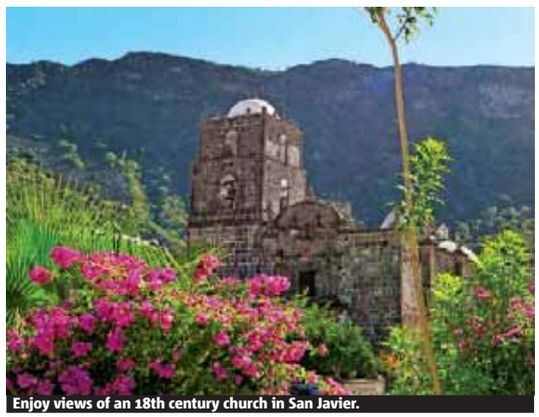
Loreto was earmarked for tourism development 30 years ago, part of an initiative that also included Cancun, Ixtapa, parts of Oaxaca and Los Cabos. While the others flourished, the development of Loreto faltered. In a renewed effort two years ago, Mexico's tourism agency gave Loreto its "Magic Town" moniker, a label to promote places notable for natural beauty, cultural riches or historical relevance. Still, the international airport here welcomed only about 40,000 tourists last year, compared to the million or so who flew to Los Cabos, 480 kilometres to the south.

And there are no cruise ships. Instead, there is the Loreto Bay National Marine Park, a UNESCO World Heritage site made up of five islands accessible only by boat.

After a 90-minute flight from Los Angeles — the only U.S. gateway at present — you will find a town seemingly frozen by the economic downturn, with half-built hotels and empty storefronts.



Loreto's new promenade makes for a pleasurable waterfront stroll. PHOTOS: THE ASSOCIATED PRESS



Enjoy views of an 18th century church in San Javier.

You'll also find a bit of "old" Mexico. There are a fair number of people who speak no English, friendly ex-pats happy to offer suggestions, a scattering of small festivals, a soccer stadium with spirited games, and a local mariachi band that plays in khakis, not costumes. Following are some highlights.

History

Loreto became the first Spanish settlement on the Baja California peninsula when Jesuit missionaries established the Mission of Our Lady of Loreto in 1697. The baroque-style church still functions, and is used for weddings. An adjacent Mission Museum highlights not only the religious past, but also the political history, as Loreto served as the regional capital from 1697 to 1777.

An 18th-century church popular with pilgrims is located an hour away, high in the Sierra de la Giganta mountains in the hamlet of San Javier. Lunch is available at a restaurant in the village, which only got full-time electricity in 2012.

Waterfront

A new, multimillion-dollar promenade makes for a pleasant waterfront stroll and provides for spectacular views east towards the islands. It passes a lighthouse and a small marina, where skippered pangas (small open boats with outboard motors) can be rented for about $100 for fishing, bird-watching, wildlife-viewing or a lift to the white-sand beach on Coronado Island.

Farther down, the sidewalk runs past a city beach, empty during the January chill but for the permanent thatched-roof palapas that provide relief from the sun.

Beaches

The best beaches are a short drive from Loreto, but the roads are good and the travel easy. Thirty kilometres south is the community of Ensenada Blanca, which undoubtedly has the most spectacular views of the marine park. You can access the beach through a timeshare property, the Villa Del Palmar. It sells a visitor pass for $65 US per person, which includes unlimited food and drinks, and use of the pools and beach from 10 a.m. to 6 p.m. THE ASSOCIATED PRESS

Dining

- **Canipole.** A spot that has no menu, no roof and an open kitchen, and provides traditional blankets for diners to wear when temperatures fall. The guacamole is made tableside, followed by the daily special, which almost always includes some divine mole.
- **Mexico Lindo Y Que Rico.** Great chili rellenos and a two-metre shark sculpture that's beaded in a classic Huichol style and depicts scenes of Loreto and the surrounding mountains.

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Surf parks are making waves

Travel trend. Artificial waves can make surfing more friendly for the masses, but will it corrupt a sport that's at one with nature?

Some of surfing's biggest names aren't just catching waves. They're also talking about making them.

Surf parks — massive pools with repeating, artificial waves — are the latest buzzword in the surf community, as everyone from top athletes to retailers look for ways to expand the sport, boost sales and create a standardized way to train that could help surfing earn an Olympic pedigree.

"Mother Nature stipulates that surfing only can occur where waves can be born. When man takes his hand to forming the waves, it unlocks the potential of surfing anywhere. And that is the most powerful thing," said Doug Palladini, president of the Surf Industry Manufacturers Association. Last November, dozens of industry leaders, surfers and investors met in Laguna Beach in Southern California for the first annual Surf Park Summit to spark interest in a business proposition that could breathe life into a sport that struggled during the recession.

About 50 per cent of independent mom-and-pop surf retailers — the heart and soul of surf culture — shut down worldwide during the recession and those that survived face an increasingly saturated market that is limited by geography.

Enter the dream surf park, a two-acre wave pool capable of generating anything from tiny beginner ripples to 10-foot barrels every minute, with every wave the same. Customers would pay by the number of waves to learn the sport or refine their technique and learn new tricks.

The prospect has surf board manufacturers and apparel retailers salivating at the thought of new markets for surf gear and clothing in land-locked places like Kansas or Nebraska. But parks would also be prime real estate for sponsored surfing competitions.

There are tantalizing what-ifs: A national surfing league, much like the NBA, with feeder teams and city affiliations. Live, televised surfing competitions staged with predictable waves in a massive surf arena. Some even believe surf parks could propel the sport into the Olympics, a dream that has so far proven elusive. "Without man-made waves, there will not be Olympic surfing," said Fernando Aguerre, president of the International Surfing Association. "It's the ultimate wave-sharing that you can imagine."

Olympics aside, everyday surfers who already live near the beach say even they would use the parks as a supplement to the ocean, to refine their skills on a consistent wave or get in a few rides when the natural surf is bad. "In a park, you can always get in a perfect position, the wave will always be perfect and you can really work on your surfing," said Cliff Char, 54, who's been surfing 15 years near his hometown of Seal Beach.

Detractors, however, worry that in the rush to surf parks, the sport will lose its soul.

Betting on artificial waves, they say, will sanitize and commercialize a pastime the most passionate surfers describe as a solitary, rugged pursuit where athletes and nature commune.

"The problem is, surf culture is about so much more than just riding a wave. It is about having a genuine respect and connection with the ocean," said Zac Heisey, a surfer and freelance writer who addressed the debate on his blog, In the Name of Surf.

Some of the biggest and best-known include Disney's Typhoon Lagoon in Florida, Wadi Adventure in United Arab Emirates and Wavegarden, a private research and development site tucked away in Spain's Basque country. THE ASSOCIATED PRESS

Quoted

"The problem is, surf culture is about so much more than just riding a wave. It is about having a genuine respect and connection with the ocean."

Surfer and blogger Zac Heisey addressing the debate on his blog, In the Name of Surf

Professional surfer Gabriel Medina of Brazil, back, rides the machine-made wave at WaveHouse San Diego.
THE ASSOCIATED PRESS

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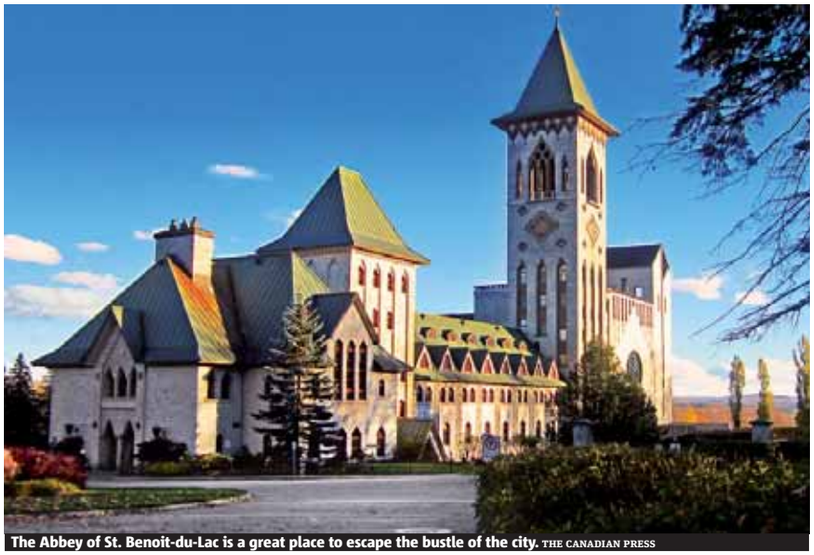

The Abbey of St. Benoit-du-Lac is a great place to escape the bustle of the city. THE CANADIAN PRESS

Visit monks, bring home a taste of heaven

Quebec. Just 90 minutes outside of Montreal, Benedictine monks are making award-winning cheese

To reach the source of one of the world's most celebrated blue cheeses, turn off the main highway — and head to a Quebec monastery where monks have been perfecting the art for generations.

Here, talk of how imported cheese could flood the market under Canada's new trade deal with Europe seems a distant concern, far removed from an ancient way of life.

In fact, the Europeans arrived here long ago. The monastery was founded in 1912 by Benedectine monks who were driven from France by anti-clerical laws.

A country road about an hour from Montreal winds past family farms and rain-beaten wooden fences before climbing through a stretch of forest.

At the top of the hill, in a clearing overlooking Lake Memphremagog, sits the architecturally striking Abbey of St-Benoit-du-Lac.

The monastery, which celebrated its centenary last year, is still home to some 35 monks. They have devoted their lives to prayer, scripture and meditation. In their spare time, they supervise the production of cheese and apple cider.

From the outside, the abbey in the heart of Quebec's Eastern Townships looks as much like a medieval castle as a centre for religious devotion.

The long, L-shaped building of polished white stone and ornately-patterned tiles is surrounded by manicured shrubs and, farther afield, an apple orchard. A bell tower at the building's centre stretches high into the sky. Visitors are welcome to tour the grounds and bring home the delicacies on offer in a shop in the abbey basement.

Some sections, including the cheese factory, are closed to the public. The monks spend most of their day in silence and follow a strict schedule.

On an afternoon last autumn, a few dozen visitors made the trek to St-Benoit-du-Lac to walk the scenic trails and dine on monk-made treats.

"It's a calming place. I've been coming here for years," said Gabrielle Dallaire, 63, who lives in nearby Sherbrooke, Que. Dallaire stopped by the orchard to pluck a single Cortland apple before ducking into the abbey for an afternoon service.

For many, though, the cheese is the main attraction.

When the monks first started making cheese in 1942, they focused exclusively on blue cheese.

Now, there are a dozen options, ranging from hard, sweet Swiss-type cheeses to something more creamy or smoky.

Several have won international awards.

The Bleu Benedictin, a hard, blue-veined cheese with hints of roqueforti mushrooms, has garnered the most accolades, winning first prize at several recent international competitions.

THE CANADIAN PRESS

If you go...

- **Etiquette.** The monastery is free and open to the public, except where areas are marked private. Visitors are asked to dress conservatively and rooms are available for an overnight retreat.
- **Shop hours.** Through the winter until May 31, 2014, the shop is open from Monday to Saturday from 9 a.m. until 10:45 a.m. and from 11:45 a.m. until 5 p.m. The shop is closed on Sundays.

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Bucket list

The Himalayas

This summer, head for the hills — you won't find anything more achingly beautiful than Northern India. Always a top spot for committed backpackers and mountaineers, this remote region welcomes the regular traveller via the inventive Shakti Village Experiences. These adventures offer private tours through a paradise of pristine nature. There is rafting, camping, camel riding and cooking classes, along with hikes to villages and temples. You stay in a traditional Himalayan home with a porter, chef and guides who keep things safe and comfortable. It is off the beaten track, but with niceties you wouldn't expect at 10,000 feet above sea level. Visit shaktihimalaya.com. DOUG WALLACE/METRO

Your travel questions answered

What's the deal?
Metro's globe-trotting columnist offers advice on common quandaries

ON THE MOVE
Loren Christie
life@metronews.ca

This week I'm answering some reader questions about travel.

Heading to Europe this summer. Where can I get the best bang for my buck?
According to Hotels.com's Hotel Price Index, which pinpoints cities where you can find affordable hotel rooms, you should be looking at capitals that all start with the letter B for the best value: think Brussels, Berlin and Budapest. Lisbon also makes the under $200-per-night cut. Additionally, the Portuguese capital offers great restaurant food at reasonable prices.

Want to do Europe on the cheap? The cities that start with B — like Budapest — have the best hotel deals. ISTOCK

Can I get a prescription filled abroad?
Pharmaceutical regulations are different in each country, so getting a supply of medicine on foreign soil isn't simple. Ensure the pills you are looking for are legal in your host country and know the generic name and dosage for the medication. Find an accredited, English-speaking physician through the local Canadian consulate or the International Association for Medical Assistance to Travellers (iamat.org).

Doctors, who are members, will often make house calls to hotels. Be sure to fill the prescription at a pharmacy recommended by that doctor or attached to a clinic or hospital, as counterfeit drugs have become increasingly common abroad.

Should you tip hotel room attendants?
Absolutely, they're often forgotten. I like to leave $2 to $5 per day, depending on extra touches provided, on the bed with a note of thanks. If you prefer to leave one tip at the end of a longer stay, leave an envelope at the front desk. Note your name and room number and dates of stay and ask to have it divided among all the staff who serviced your room.

Any tips on avoiding lost luggage?
When booking your trip, try a direct flight. If it's not possible, ensure you have ample time between flights for your bags to be transferred.

Book your trip on the same airline so if a bag is lost you are dealing with one airline versus two that may try and push the blame onto each other. Label your baggage with your name and contact information including cellphone number. For security reasons, use your work address, not your home address, and put labels on the inside and outside of your luggage in case the tags get ripped off.

Wuxi, China

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Deal

Eurostar discounts

Until April 2, Rail Europe is giving 20 per cent off select high-speed Eurostar train tickets between London and Paris or Brussels. Those who book also get 10 per cent off London and Paris city passes, which are good for discounted tours, theatre tickets and restaurants, and — most important — for jumping to the head of the line at some sight-seeing sites. Visit raileurope.ca.

DOUG WALLACE/METRO

Trend

The Poshtel

Backpackers in Britain have never had it so good — with the introduction of the posh hostel — or poshtel. The U.K.'s Youth Hostel Association has spent more than $40 million on renovations to key hostels in Yorkshire, Norfolk, Kent and several other districts. Luxe perks now include things like en-suite bathrooms, bridal suites and on-site art galleries. Visit yha.org.uk.

DOUG WALLACE/METRO

How-to

Mind your money

1. Always travel with a small amount of the currency of the country you're visiting. (What if there's no bank machine at the airport or the exchange kiosk is closed?) 2. Tell both the bank and your credit card company where and when you're going. 3. Take leftover cash home and start a currency kit, using an accordion folder, so you'll have money at the ready for next time.

DOUG WALLACE/METRO

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Young entomologists

"Kids love bugs, and this is a fun way to see them. It's a very children-friendly experience."

Jeff Gray, spokesman, Halifax's Museum of Natural History

If you go...

- **Dates.** Bugs: Outside The Box will be on until May 19 at the Museum of Natural History, located at 1747 Summer St. in Halifax.
- **Hours.** The museum is open Tuesdays through Sundays from 9 a.m. to 5 p.m., and Wednesdays from 9 a.m. until 8 p.m.

Creepy crawlies get super sized at exhibit

Bugs: Outside the Box. A collection of insect sculptures makes its Canadian debut in Halifax — and the kids love it

Bugs get blown up in a new exhibit in Halifax. THE CANADIAN PRESS

It's a way to get to know your backyard invaders without the "ew" factor.

A larger-than-life exhibit at Halifax's Museum of Natural History is hoping to get people acquainted with bugs in a new way — by enlarging them more than 15 times their normal size.

"Bugs are, for many people, a challenge, and creepy," museum spokesman Jeff Gray said while standing next to a giant sculpture of a Hercules beetle.

"When you magnify them, they kind of lose parts of that. That representation allows you to disconnect with any phobias and allows you to really appreciate it."

Halifax is the first Canadian stop for Bugs: Outside The Box, which includes about a dozen realistic sculptures of such creepy crawlers as the long-armed beetle, the dragonfly and the leaf grasshopper.

Created by Italian sculptor Lorenzo Possenti, the travelling exhibit aims to show the intricate anatomy of insects without the use of a microscope.

"The sculptures have been done in a way that are very true to the bugs themselves. They're extremely accurate, even at this size," said Gray. "For a lot of people coming to the exhibit, they appreciate the bugs and they also appreciate the artistic nature of it."

One section of the exhibit features three vibrantly-coloured butterflies with bulbous black eyes and wings that span nearly two metres.

Below the models is a touchable yellow and black wing, exposing the butterflies' rough scales that are normally extremely delicate to human hands. "If you ever handle a butterfly or moth, they have a dust that comes off, and that's their scales. That hurts their wings," said Heather McKinnon Ramshaw, assistant co-ordinator of interpretation for the museum. "These ones you can actually touch and kind of feel what it's like."

Nearby is one of the world's masters of disguise: the stick insect. This long, slender bright green bug stands out at the museum, but in the wild it uses its camouflage to blend in with plant life and avoid becoming dinner.

Other, more ominous-looking insects include various beetle species that reveal the extent of their protective exoskeletons and massive jaws capable of grabbing opponents.

Gray said it's museum-goers of the tiny sort that are enjoying the exhibit most. "Kids love bugs, and this is a fun way to see them," he said. "It's a very children-friendly experience."

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Warm up and get your vitamin C fix

Beef and Kale Soup. The superfood is often associated with being turned into crispy chips, but it also works great in main dishes

DINNER EXPRESS
Emily Richards
food@metronews.ca

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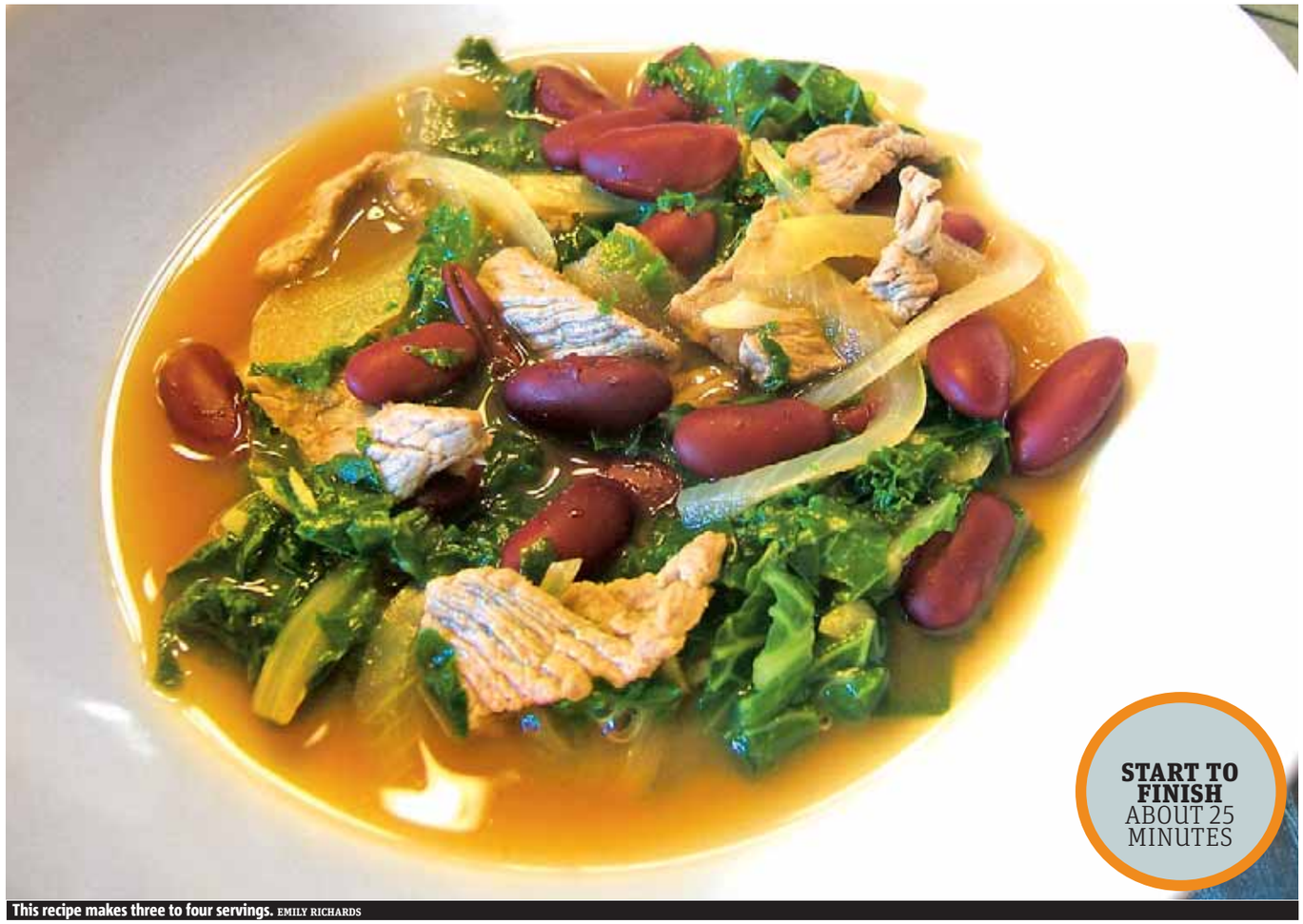

START TO FINISH ABOUT 25 MINUTES

This recipe makes three to four servings. EMILY RICHARDS

Kale is a great source of vitamin C and folate, so a little packs a punch.

I love cooking with kale and especially adding it to soups and pastas. Try adding chopped kale to your next batch of any of homemade soups for some added nutrients and flavour.

In this soup, the combination with the beef is perfect and subtle. It makes a hearty soup perfect for a cold winter's night.

If you let the soup cook longer, the kale continues to soften and cook flavour right into the soup. Add a dash of hot pepper sauce at the table for those who may want to add some extra heat to the soup.

Ingredients

- 1 tsp (5 ml) canola oil
- 1 onion, thinly sliced
- 2 cloves garlic, minced
- 1/2 tsp (2 ml) each ground cumin and coriander
- 4 cups (1 l) beef broth
- 2 cups (500 ml) lightly packed finely shredded kale
- 1 striploin grilling steak (about 8 oz/250 g)
- 1 can (19 oz/540 ml) red kidney beans, drained and rinsed
- Pinch freshly ground black pepper

1. Heat the canola oil in a pot over medium heat and cook onion, garlic, cumin and coriander for about 8 minutes or until softened and beginning to turn golden. Add stock and bring to boil. Add kale and cook, stirring occasionally for 5 minutes.

2. Meanwhile, trim any fat from steak and discard. Slice steak into thin strips and cut strips in half crosswise. Add to soup along with beans and pepper and cook, stirring occasionally for about 10 minutes or until kale is tender and steak is slightly pink inside.

Cooking tips

- You can use two boneless, skinless chicken breasts for the beef (sliced and cooked until no longer pink inside). You can also use spinach or Swiss chard for the kale.
- What do you do with leftover kale? Kale chips! They're crispy, low calorie, full of great nutrition, and an easy way to increase your intake of micronutrients.

Parental poll

Making it big for Mom and Pop

When it comes to parents' hopes for their children, it seems that disappointment is passed down from generation to generation.

Two-thirds (67 per cent) of Canadian parents are uncertain that their children will fulfill their hopes, according to a new national survey commissioned by Big Brothers Big Sisters of Canada (BBBSC) and Invesco Canada Ltd.

Moreover, 83 per cent of parents are unsure that they achieved the aspirations their own parents had for them.

The poll identified a number of barriers to achieving parental hopes, including the following:

- Negative emotional states or behaviours (29 per cent)
- Family financial situation (18 per cent)
- Stress at home (17 per cent)
- Difficulty in school (15 per cent)

METRO

The ABCs of nabbing 1,2,3s: pennies for post-secondary

Find your financing.
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RIANA TOPAN
TalentEgg.ca

Everyone knows that school is expensive, which is why there are number of different forms of financial assistance available to students at all levels.

You may not think there's a funding package out there for you, but chances are a little research will show you otherwise.

It can take a bit of digging to find scholarships or grants you're eligible for, but it's a small price to pay for the chance to score some free cash.

Scholarships, bursaries and grants

Scholarships, bursaries and grants are three of the most common application-based sources of funding available to students.

Although all three are monetary awards given to students to help cover education-related expenses, they are usually disbursed according to different criteria.

Scholarships are generally based on merit, bursaries are typically based on financial need and grants are most often awarded for a specific project or program.

How to apply

To find out which awards are available to you, talk to your school's registrar or main administrative office. They should either have information about student awards or be able to direct you to the department that does.

Many schools also host a student award information session at the beginning of the school year to tell students about financial aid offered by the university or college — equip yourself with a pen and notepad and get there early, as seats tend to fill up fast.

After you've checked with your school, do some research online to find out about awards offered by the government, foundations and corporations.

Work-study programs

Many schools offer co-op or work-study programs to give students a chance to gain hands-on experience in their chosen field before they graduate.

How to apply

Check with your department to make sure you're eligible for the program, then ask if it's OK for you to take a paid position and still get course credit.

Once you've got the go-ahead, start contacting potential employers to find out about current opportunities or try talking to students who've already done a placement to see if they know of any paid positions you can apply for.

This work experience is a great opportunity to position yourself for future employment with a given office or department — it's a great opportunity to show off your skills and build a professional network on campus.

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Future positions may also have a higher compensation rate than your work-study program. Be sure to work hard and make your interest known.

Internships/ apprenticeships

If your school does not offer a work-study or co-op program, consider applying for an internship or apprenticeship on your own. This is a great way to get relevant work experience in your field and it can provide a (modest) income to help you pay for school.

How to apply

Look for companies or organizations in your area that are connected to your program of study.

Contact the manager or human resources department to express your interest in the work they do and ask if they have any need for an extra set of hands in the coming months.

Be sure to emphasize that you're passionate about what you're studying and you're hoping to learn more about the career you're pursuing by working "in the field."

If you're still struggling to pay for school, consider taking on a part-time job to help you cover your costs. It can feel overwhelming to see your tuition, textbook and living costs add up as you work towards completing a post-secondary program, but there is help out there.

Spend some time doing your research to learn about the funding that's available — you'll have to invest at least a few hours in each award or position you apply for, but it could be well worth your effort in the end.

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Be proactive

Once you know what scholarship, bursary and grant opportunities exist, make a list of which ones you plan to apply for and what each application requires. You'll usually need to fill out some kind of form and provide transcripts, letters of reference and possibly an application letter or essay.

- Jot down the deadlines for each application in a calendar or planner and plan ahead to make sure you submit your applications on time – the competition can be pretty fierce and a late application will most likely mean you won't be considered.

STUDY UP ON YOUR FINANCES

VLADIMIR GJORGIEV/SHUTTERSTOCK

There is no question that going back to school can create an unwanted financial burden if you are not prepared for it.

If you are planning on going back to school, for either career and skill development, to increase job opportunities, to change careers, or to just learn more about a topic of interest, it is important to put a financial plan in place to ensure you do not leave yourself with an unmanageable level of debt once you are done.

Robert McCullagh, financial adviser, Benefit Planners Inc., Portfolio Strategies Corp., says he always asks clients the same questions before they head down the road to higher education.

If they are going back to school to increase their earning potential, he asks about their income potential when they graduate.

"If they are not careful, they can just incur more debt," says McCullagh, who is also an instructor of financial planning courses at Mount Royal University faculty of extension.

Secondly, McCullagh suggests researching the cost of the program and how much money will be needed in the bank to cover day-to-day living expenses while in school.

From there, he advises making a budget and try living off that budget.

"That allows you to test drive your budget to see if you can afford to go back to school," McCullagh says.

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I believe I'm being bullied in the workplace

Does your workplace seem more like a warzone of late? Keep track of any hair-raising incidents in case you're ever required to report them. COLOURBOX

Tackling the torment. Investigate the intentions of your crotchety co-worker

PARISA NIKFARJAM
TalentEgg.ca

Are you being bullied at work? If your answer is yes, you're not alone. While employers are working harder than ever to create safe and inclusive workplaces for their employees, cases of workplace bullying persist.

Why?

There are numerous factors that contribute to the persistence of workplace bullying, including:

• Lack of awareness of the effects of bullying

• Inaccurate perception of performance management (i.e. the belief that pushing employees will deliver better and faster results)

• Workplace cultures that breed incivility

Whatever the reason, it is important to recognize that workplace bullying is not tolerated under the law.

For example, Ontario's Occupational Health and Safety Act (OHSA) sets out the rights and duties for occupational health and safety of all parties in the workplace.

These rights and duties include protection for employees from workplace violence and harassment.

What constitutes workplace harassment?

Workplace harassment under OHSA means engaging in a course of vexatious comment or conduct against a worker that is known or ought reasonably to be known to be unwelcome. It can include:

• Unwelcome words or actions that are known or should be know to be offensive, embarrassing, humiliating or demeaning to a worker or group of workers.

• Behaviour that intimidates, isolates, or even discriminates against the targeted individual(s). Common examples are yelling, targeting, gossiping, shunning, slamming doors, throwing objects, profanity and abusive language, and so on.

If the harassment is based on such grounds as age, gender, sexual orientation, sex, marital status, family status, disability, race or ethnic origin, then it may also be a violation of your province's human rights code.

A word of caution

It's important to keep in mind that not all actions and conduct in the workplace will amount to bullying and/or harassment.

Reasonable action or conduct by an employer, manager or supervisor that is part of his or her normal work function is not normally workplace harassment, unless it is done in an uncivil manner.

Examples could include:

• Changes in work assignments

• Scheduling, job assessment and evaluation

• A civil disagreement

• Legitimate performance management

• Implementation of dress codes

• Disciplinary action

It is therefore important to critically assess the nature of the behaviour before concluding that it is harassment or bullying.

While it is difficult to face workplace bullying, realizing that there are places you can turn — i.e. friends, family and now through the law, your employer by way of its obligations to respond to harassment — is a crucial first step.

Where do I go from here?

If you are determined that you're being bullied, what can you do?

- You may wish to report the behaviour to your organization's human resources department. There will likely be a policy on workplace harassment or respectful behaviour in the workplace, which sets out the organization's standards and the process for initiating complaints.
- Your organization will then investigate your complaint, which entails gathering your evidence, the evidence of the alleged bully, as well as the evidence of any relevant witnesses.

Speak up

If the harassment is based on such grounds as age, gender, sexual orientation, sex, marital status, family status, disability, race or ethnic origin, then it may also be a violation of your province's human rights code.

Parisa Nikfariam
Employment lawyer

PARISA NIKFARJAM IS AN EMPLOYMENT LAWYER WITH RUBIN THOMLINSON LLP.

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What's a worker to do?

Describe so I can thrive. Are you unsure about what your job actually entails? Here's how to hunt down the appropriate answers

DAVID SINGH
life@metronews.ca

If you think about it, job descriptions hold a lot of power. That simple list of bullet points on a job posting will largely determine whether you apply or not. If the right words and phrases are listed, you'll likely proceed with the application.

And let's say you eventually get that job. Now, your expectations heading into your brand new role will be primarily based on that initial job description you so eagerly viewed.

But according to Fiorella Callocchia, a human resources consultant, that's where misconceptions come into play.

"Job descriptions aren't that easy to write," says Callocchia, founder of HR Impact, a company that provides human resources consulting and leadership development services. "No job description can capture every little nuance of the job."

The end result could mean that you arrive at a new job and suddenly find yourself asking, "What did I sign up for?" It could be that the job is either much more or less than what you bargained for.

If you're in this predicament, Callocchia says not to worry. You're not alone.

"It's not unusual for there to be some type of gap between what's in writing and what's actually required," she said. "Until you get there and actually do the job, you don't know."

If you're uncomfortable with your current job duties or lack thereof, Callocchia advises that the most important thing you can do is request a one-on-one meeting with your manager. That's obvious, but she says the key to handling it successfully depends on several factors.

First, before the meeting even takes place, you need to consider what it is you want.

"Is your objective to help them understand that the expectations far exceed the job descriptions (or vice-versa)?" Callocchia says. "Are you looking for money or are you looking to just get clarification?"

When it's time to meet, be wary of what you say, as you don't want to come across as a whiner.

"Come with potential solutions and ideas on how to solve the problem," Callocchia says. "Companies don't want people that complain. Be constructive and give ideas on how they can make it right. Don't just dump on the manager and say 'Here, solve my problem, you're the manager.' That's not collaboration."

Statement of the union

Addressing the issue of inconsistent job duties in a workplace with a union is very different than in a non-union environment, says Justin Tetreault, associate lawyer with employment/labour law firm Grosman, Grosman & Gale LLP.

- "In a unionized workplace, job duties are usually specifically detailed in a collective agreement," he says. "In a situation where an employee is not being assigned the appropriate tasks, they should speak to their union steward who will be able to initiate a grievance on their behalf."

If your workload has suddenly gained some serious weight, it may be time to have a powwow with the powers that be. COLOURBOX

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A new Sunrise

NHL. Luongo era in Vancouver ends with trade to Panthers

Roberto Luongo is on the outs in Vancouver after the Canucks traded him to the Panthers on Tuesday. GETTY IMAGES FILE

For a while, Roberto Luongo was the starting goaltender for the Vancouver Canucks, and then at certain points one of their goaltenders.

By Tuesday afternoon as he settled down for a pre-game nap, Luongo seemed satisfied to be starting a game for the Canucks. Then he got the call from general manager Mike Gillis that a deal was worked out to send him to the Florida Panthers.

"Just when I was starting to let my guard down a little bit, what do you know, the trade happens," Luongo told reporters in Arizona. "So that's the way it goes."

The way it went was a stunning end to Luongo's roller-coaster tenure in Vancouver that included a trip to the Stanley Cup final, a demotion behind Cory Schneider, demands to trade him and finally a seat on the bench for the Heritage Classic he waited so long to start in. Florida gets the final eight seasons of Luongo's $64-million US, 12-year contract along with ECHL forward Steve Anthony, and the Canucks get young goalie Jacob Markstrom and forward Shawn Matthias.

This trade ends almost three years of drama between Luongo and the Canucks.

"Am I happy about resolution of the situation? Yes, I am," Gillis said on a conference call Tuesday night. "These are tough decisions. It takes a lot of courage to trade a player like Roberto Luongo and insert young players into your lineup, but we felt strongly that this was the right time frame to think that way, and this was the first opportunity to act on it."

This was the final curtain, though trade talk surrounded Luongo for two off-seasons. On Tuesday afternoon before he caught a flight to meet his new team he reiterated that he thought his contract was "untradeable."

Luongo said the trade caught him off-guard, and with reports swirling that the Canucks gave agent Pat Brisson permission to speak with other teams over the weekend, Gillis wasn't sure how to answer a question about whether he actually believed the 34-year-old was stunned.

"I don't know what to say about that," Gillis said. "I know I woke Roberto up when I called him so maybe he was in shock and having a dream. I don't know." THE CANADIAN PRESS

Also on the move

- Minnesota acquired goaltender Ilya Bryzgalov from Edmonton in exchange for a fourth-round draft pick. Edmonton then traded for netminder Viktor Fasth from Anaheim for a fifth-round pick this year and a third-round selection in the 2015 draft.
- The New York Islanders sent defenceman Andrew MacDonald to Philadelphia for a pair of draft picks and minor-league centre Matt Mangene.
- Washington acquired forward Dustin Penner from Anaheim for a fourth-round pick in this year's draft.
- Montreal acquired defenceman Mike Weaver from Florida in exchange for a fifth-round pick in 2015.

Not a lot of wiggle room

$1M

Dave Bolland
GETTY IMAGES

According to the CapGeek.com salary cap website, 8 teams have no actual cap space and can only add players using long-term injured reserve allowance space. The Toronto Maple Leafs are close to that and are expected to have about $1 million available once they activate Dave Bolland off LTIR.

Lance Armstrong

SCA recovery bid of $12M will have to wait

A Texas appeals court has temporarily blocked an arbitration panel from reviewing $12 million in bonuses paid to Lance Armstrong by a company that wants its money back, stopping efforts to force him to give new sworn testimony about his doping past.

SCA Promotions has sought to reopen a 2006 settlement paid to Armstrong since his 2013 admission to using performance-enhancing drugs during his cycling career to win the Tour de France.

THE ASSOCIATED PRESS

Ukraine united

"The national team is a symbol of unity because players come from all over Ukraine. We're all one big family, we're all united."

Ukraine men's soccer team captain Anatoliy Tymoshchuk. The Ukrainians are scheduled to face the United States in a friendly on Wednesday in Cyprus, a match moved from Kharkiv to Larnaca for security reasons.

Spring training

Jeter still looking for first hit

Derek Jeter went 0 for 2 to extend his hitless spring training, and the New York Yankees lost to the Baltimore Orioles 3-2 on Tuesday night.

The Yankees captain is 0 for 9 in four games,

THE ASSOCIATED PRESS

Lee out-duels Dickey, but Jays get win

R.A. Dickey allowed three runs but the Jays escaped with a win against the Phillies in spring training action on Tuesday in Clearwater, Fla. FRANK GUNN/THE CANADIAN PRESS

Cliff Lee gave up a run in three innings, out-pitching fellow Cy Young Award winner R.A. Dickey, but Adam Lind and Dan Johnson each homered for the Toronto Blue Jays in 5-3 victory over the Philadelphia Phillies on Tuesday night.

Lee, the 2008 AL Cy Young winner with Cleveland, allowed three hits and struck out two. He matched up against the 2012 NL winner — with the New York Mets — for the second time in six days.

"Cliff was solid, a normal outing for him," Philadelphia manager Ryne Sandberg said. "He had his fastball command and he made some good pitches. I thought he looked sharp."

Dickey yielded three runs and four hits in four innings of his second spring start. He struck out two and walked three.

"I felt strong, which is all I really care about right now," Dickey said. "Being able to get up and down (for four innings) early in spring, feeling great, that's important for me."

THE ASSOCIATED PRESS

Spring training

Blue Jays	Phillies
5	3

‘We’ll be a different animal’

MLS. TFC manager Nelsen not troubled by pre-season struggles with season looming

Toronto FC manager Ryan Nelsen says it’s better to have his team’s weaknesses pinpointed in the pre-season rather than halfway through the upcoming campaign. TFC kicks off its MLS season March 15 in Seattle. TOM SZCZERBOWSKI/GETTY IMAGES

Toronto FC went 1-2-2 during an injury-plagued Florida training camp before coming home to a frozen tundra.

Star striker Jermain Defoe has yet to touch down and fellow marquee signings Michael Bradley and Gilberto have been hampered by injury.

Goalie Julio Cesar is on international duty with Brazil in South Africa and backup forward Bright Dike is already probably out for the season after tendon surgery.

Manager Ryan Nelsen has been down three fullbacks and three strikers. Minor niggles have turned into more bothersome setbacks.

It’s meant extra minutes for some players and new positions for others.

For an MLS franchise that has gone all-in on the transfer market in a bid to finally make the playoffs after seven seasons of failure and a woeful 51-105-66 record, there is still much work to do.

The good news is Toronto has a bye this weekend when 16 clubs kick off the 2014 season. Toronto opens March 15 in Seattle.

“We planned that brilliantly,” Nelsen said dryly after practice Tuesday under the bubble at the team’s north Toronto training ground.

Nelsen, in his second year at the helm, has managed to find some positives in the rocky pre-season.

“It did expose our weaknesses,” he said. “You always get exposed at some part of the season, whether it’s injuries or suspensions or international call-ups or something like that.”

“We know what we have, we know what we need to be and where we need to get to,” he added. “It’s good to know now rather than a quarter or halfway through the season.

“We’ll be a different animal come the 15th but in the back of my mind, it’s a nice thing to know moving forward.”

The former New Zealand international Nelsen knows that whipping up a gourmet meal is more than just buying the right ingredients.

“Just because you make some changes, it’s not like a light switch. It does take time,” he said. “That’s the beauty of sport.

“But in saying that we fully expect to get where we want to be. And if you think the expectations are high outside, they’re probably higher inside. But we know it’s hard and we know it’s a journey to get to.”

THE CANADIAN PRESS

Show ’em somethin’

14th

MLSsoccer.com, which ranked Toronto FC 17th out of 19 teams in its weekly “power rankings”, has Toronto outside the playoffs at 14th in its pre-season list.

Everybody hurts

Reds roster slow to come together

Toronto FC manager Ryan Nelsen expects his injured players and absentees to be ready for the season.

Jermain Defoe GETTY IMAGES

Jermain Defoe is expected to join the team after Wednesday’s England friendly against Denmark.

“As soon as he plays the game for England, he’ll be on a plane over,” said Nelsen.

Still, that means a longer road to team chemistry.

The pre-season injury list has included forwards Gilberto (quadricep) and Bright Dike (tendon), midfielders Jonathan Osorio (flu) and Daniel Lovitz (knee) and fullbacks Mark Bloom (quadricep), Bradley Orr (calf) Justin Morrow (hip) and Michael Bradley (foot issue). THE CANADIAN PRESS

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Volvo's new V60: safe and stylish

PHOTOS: WHEELBASEMEDIA.COM

Review. Walking the fine line between form and function ... and sometimes crossing it

MALCOLM GUNN
wheelbasemedia.com

Station wagons have been around for decades, but perhaps no other brand is more identified with this form of transportation than Volvo. That's what makes the 2015 V60 Sportswagon such an important addition to the Sweden-based (and Geely of China-owned) fleet.

In many respects the V60 represents a return to Volvo's roots. There hasn't been a front-wheel-drive carryall in the brand's North American lineup since the V70 was retired after the 2010 model year. That left just the all-wheel-drive XC70 with its hiked-up suspension and blacked-out trim as the company's wagon flag-bearer.

In cargo capacity the V60 comes up a bit shorter than you would think when compared to the old V70. That's the cost of style, apparently.

The elegant interior features a unique "waterfall" control panel that flows downward from the dashboard onto the floor console. There's storage space behind the flat panel, which is pretty standard for Volvo. The rest of the cabin displays considerable premium content with the optional well-bolstered seats being precisely what you would expect in a car that uses the Sportswagon tag.

There's also plenty of sporting content to be found under the hood. The V60 and S60 will be the first Volvos to reach North America with a brand new engine. The turbocharged 2.0-litre four-cylinder "Drive-E" that will be available starting this summer generates 240 horsepower and 258 pound-feet of torque. All of Volvo's powerplants will eventually be based off the Drive-E, but for the time being buyers can also select the turbocharged 2.5-litre five-cylinder in the T5 AWD that makes 250 horsepower and 266 pound-feet of torque. Also offered is the turbocharged 3.0-litre six-cylinder in the AWD R-Design that produces 325 horsepower and 354 pound-feet of torque.

2015 Volvo V60

- **Type.** Four-door, front- /all-wheel-drive wagon
- **Engines (hp).** 2.0-litre DOHC I4, TC (240); 2.5-litre DOHC I5, TC (250); 3.0-litre DOHC I6, TC (325-345)
- **Transmissions.** Eight (2.0) and six-speed automatic (std. 2.5, 3.0)
- **Base price (incl. destination).** $41,500

Design

The V60 is an offshoot of the S60 sedan and shares much of its physical traits. However in back, the V60 presents one of the more attractively sculpted hatches to grace any wagon. In most key measurements, length, width and distance between the front and rear wheels, both sedan and wagon are in a dead heat.

Engine

Along with a Volvo-measured zero-to-96-km-h (60-mph) time of 6.1 seconds, a major Drive-e bonus will be a fuel-consumption rating that's expected to be significantly lower than the inline five-cylinder's 9.9 l/100 km city and 6.5 highway.

For a very select group of V60/S60 buyers, the performance-focused limited-edition Polestar ups the 3.0's output to 345 horsepower and 369 pound-feet. An eight-speed automatic transmission connects to the 2.0, while a six-speed automatic handles the cog-swapping chores for the five- and six-cylinder models.

Definitely helping the fuel economy in the city is technology that stops the engine when the V60 is briefly stationary then automatically restarts it when the brake pedal is released. Volvo will also eventually offer a turbo-diesel and a plug-in hybrid version of the V60. Base V60 models, regardless of power choice, arrive with climate control, heated front seats, power moonroof and a power parking brake.

The remaining trim levels — Premier, Premier Plus and Platinum — add notable features such as a rear park assist camera, power-retractable outside mirrors, navigation system and premium audio. The top-Swede T6 R-Design comes with leather-covered sport seats, keyless start and 18-inch alloys. Of course safety-conscious Volvo offers an impressive selection of advanced crash-avoidance aids. Notably, there's collision warning with pedestrian and cyclist detection as well as a Road Side Information Camera that projects speed-limit and no-passing signs onto the driver information screen. The car can warn the driver if the speed limit is exceeded.

It's that sort of unique safety gear that over the years has earned Volvo beloved-brand status. Ultimately, however, it's the V60 Sportswagon's sleek lines, inviting interior accouterments and potent, yet new-age thrift-conscious powertrains that will help propel more youthful buyers into the Volvo fold.

Compare

1 BMW 328i xDrive
Base price: $50,000

2 Cadillac CTS
Base price: $49,900

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Automakers to take bite of Apple's new system

CarPlay. Technology giant's attempt to infiltrate the inside of your vehicle is impressive and 'kind of a big deal'

AUTO PILOT
Mike Goetz
drive@metronews.ca

"I don't know how to put this, but I'm kind of a big deal."

Ron Burgundy said that in Anchorman, but you get the feeling Apple might say that too, though not too loudly, at this week's auto show in Geneva, as several show vehicles from Volvo, Ferrari and Mercedes-Benz are set to debut and demonstrate Apple's CarPlay.

CarPlay is Apple's way of infiltrating its operating system (OS) into the nerve centre of the automobile — it will allow you do everything you could do with your iPhone while driving, but through the vehicle's built-in infotainment display.

Net result: the vehicle's display will feature recognizable Apple icons for music, phone, messages, navigation, etc. Volvo is introducing its new user interface on a concept displayed at Geneva, but the first production Volvo to feature it will be the all-new Volvo XC90 coming later this year — touted as the first vehicle to offer CarPlay.

According to Apple's website, Hyundai, Jaguar and Honda will join Volvo, Ferrari and Mercedes-Benz as the first six automakers to offer upcoming 2014 vehicles with CarPlay.

Volvo's new iPhone-friendly dash. COURTESY OF VOLVO

A whole bunch of other automakers also committed to roll out CarPlay, but a little further down the pike.

Apple says CarPlay can be operated with whatever controls the vehicle is equipped with, be they touch-screen, voice, rotary, or even a "joy stick" system like BMW's infamous iDrive.

No doubt that all the car makers, and the tech companies with a vested interest like Google and Apple, are trying to give us all this great stuff with the easiest and safest interfaces possible, but the possibility of increased driver distraction is something that will always doggedly follow the technology.

There is just so much of it.

And there's the catch 22 of when it's easier to use and blazingly beautiful, you just end up using it more. Like downing a bucket of low-cal ice-cream — good it's low-cal, but overall more bad because it's a whole bucket.

Reports are circulating that the U.S. vehicle transportation safety agency, NHTSA, is worried about the increasing number of Americans getting killed in crashes involving a distracted driver, and is considering a ban on certain kinds of complex infotainment controls. "Joy stick" systems, for example, require an extra level of eye scanning, because the control device is not directly beside the display.

Control

"Apple says CarPlay can be operated with whatever controls the vehicle is equipped with..."
Mike Goetz

NHTSA may also have a concern with touch screens — they are notorious for delays and false entrees, leaving drivers wondering — and distracted — about if they actually achieved their desired selection.

"There is a reason jet cockpits don't have touch screens," said Greg Horn, who follows industry trends for Mitchell, a leading supplier of tools and training programs for the auto industry.

"You have this tactile switch. You are instantaneity aware that you have pushed that button, and the function is complete."

Horn also noted that Lincoln's new MKC is actually backing away from touch screens a bit, by having a few more rotary knobs than the previous version of Lincoln MyTouch.

All said, I am looking forward to CarPlay, and I will try to not lose my head or get too distracted when I inevitably encounter Apple's spinning pinwheel of death.

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Titanium model shown

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5.5L/100km **51MPG** HWY^^
7.8L/100km **36MPG** CITY^^

Fiesta ST model shown

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5.8L/100km **49MPG** HWY^^
9.2L/100km **31MPG** CITY^^

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9.5L/100km **30MPG** CITY^^

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Ridgeline is flexible but check transmission

Second gear.
2006-2013
Honda Ridgeline

JUSTIN PRITCHARD
drive@metronews.ca

PHOTO: TORSTAR NEWS SERVICE

Though it likely won't haul a skid of roofing shingles to a job site or climb the side of a mountain, Ridgeline earned a loyal following by offering functionality to meet the needs of light-duty pickup shoppers who also needed a highly functional and flexible vehicle for day to day use.

It's an ideal vehicle for family hauling, camping, pet transportation or anyone interested in outdoor sports—thanks to a clever, flexible design ideology that manifested itself in the form of an incredibly versatile interior, generous on-board room and the famous under-bed trunk.

Common issues

Engage Ridgeline's 'VTM-4 lock' mode (which locks the 4x4 system for added traction), ensuring the indicator lights up quickly and that no blinking lights or warning messages are displayed. Do this several times to be sure the system is working properly. Be certain to have a mechanic inspect the fittings which connect the radiator to the transmission cooler for signs of a common excessive corrosion issue. A new radiator or fittings may be the solution if excessive rust is discovered. If the fittings on the unit you're considering are in good shape, a coating with an appropriate rust inhibitor is advisable to prevent future corrosion. Though not overly common, cracks or failure of the rear differential housing and carrier have been reported. Add this to the list of areas you'd like a mechanic to inspect ahead of your purchase. Vibrations or a 'shaking' sensation felt while cruising at speed or accelerating could be caused by a variety of issues—including improperly-torqued lug-nuts, bad CV joints, axles or even the electronic throttle control system.

What owners like

Ridgeline shoppers typically rave about unbeatable flexibility, great wintertime traction, relatively capable off-road performance for light to moderate trails, and a car-like driving experience. Plenty of interior space, a commanding driving position and relatively easy entry and exit round out the package.

What owners dislike

Complaints include limited all-around visibility, which is partially impeded by thick door pillars. Many owners wish for a longer rear box, saying that an accessory bed extender is needed to transport longer items in the back of the Ridgeline.

Engine

Ridgeline came just one way in the powertrain department: with a 3.5 litre VTEC V6 engine, automatic transmission and automatic four-wheel drive with a driver-selectable locking mode.

The verdict

Ridgeline's functionality, confidence, room and flexibility seem to be its most appealing attributes, and common issues should be easily identified in a pre-purchase inspection if present. With a mechanical thumbs-up, you'll likely enjoy an incredibly handy and versatile pickup truck for years to come.

Wednesday, March 5, 2014

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Horoscopes

♈ Aries
March 21 - April 20
Today's cosmic set-up is fortunate, but only if you are prepared to get out into the world. You know the saying: It's not so much what you know that matters as who you know.

♉ Taurus
April 21 - May 21
Now is the time to prove yourself. With your ruler Venus moving into the career area of your chart, you will impress people of power with ease — if you make the effort.

♊ Gemini
May 22 - June 21
Venus, planet of emotional and material values, moves in your favour today, making it necessary to think about who and what means the most to you. You know the answer already, but remind yourself.

♋ Cancer
June 22 - July 23
Everything is going so well for you at the moment that you may get a bit suspicious and wonder if it's some kind of cosmic trick. Nothing could be further from the truth. This is a genuine lucky streak, so enjoy.

♌ Leo
July 24 - Aug. 23
Venus, planet of love, moves into the relationship area of your chart today, so anything of a partnership nature will go well. No matter how busy you may be, take time to remind that one special person how much they mean to you.

♍ Virgo
Aug. 24 - Sept. 23
Remember it's quality, not quantity, that counts. If you keep that point in mind today, everyone will praise you for a job well done. If you try to do too much you'll please no one.

♎ Libra
Sept. 24 - Oct. 23
Too often in the past you have lacked the confidence to follow through on an idea. Now, you will look and act as if you can't fail. And you won't.

♏ Scorpio
Oct. 24 - Nov. 22
Venus, the planet that helps smooth over difficulties, moves into the domestic area of your chart today. Use its influence to reorder your home life in ways that suit your needs.

♐ Sagittarius
Nov. 23 - Dec. 21
You can get through twice as much work in half as much time as you usually do today. But don't spend all your time on everyday chores because this is also an aspect that increases the fun factor.

♑ Capricorn
Dec. 22 - Jan. 20
This should be a productive day but there is a danger that in your haste to show what you can do, you will take on too many tasks. Focus on the one thing you are great at.

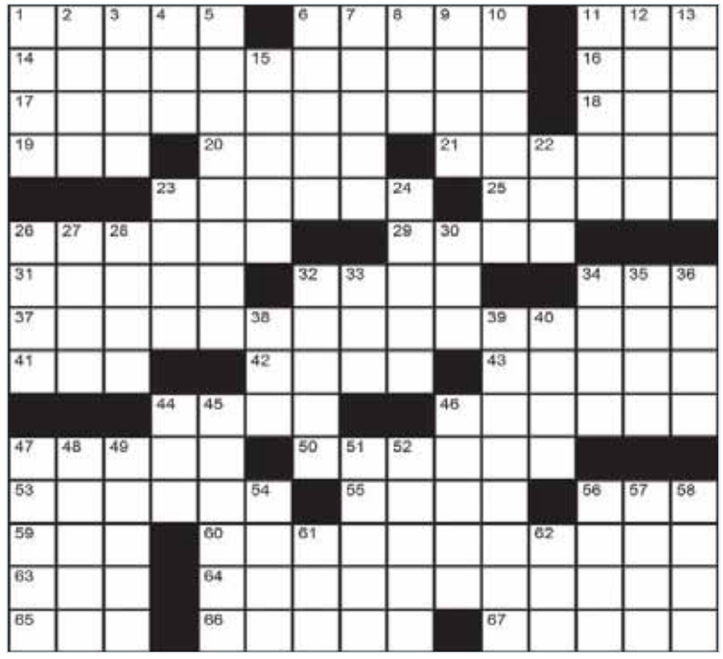
♒ Aquarius
Jan. 21 - Feb. 19
There is nothing you cannot do. With Venus, planet of harmony, joining Mercury in your sign today doors will open as if by magic and heads will turn as you walk down the street. You're worth watching.

♓ Pisces
Feb. 20 - March 20
If someone is in trouble today you will ride to their rescue, no questions asked. While it's good of you to be generous with your time, you must be careful about how you use your money. And remember, it is YOUR money. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

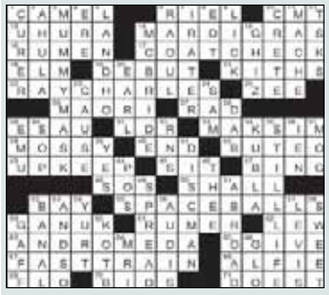
BY KELLY ANN BUCHANAN



Across
1. Note hit by a soprano, __ _
6. Gene Pitney's "Twenty-Four Hours from __"
11. Colorado NHL players, to fans
14. Shakespeare comedy: 4 wds.
16. Sass
17. The Pursuit of Happiness song: 3 wds.
18. Jeanne d'Arc, e.g.
19. _ __ Z
20. Chess pieces, e.g.
21. Sandra Oh's Ontario birthplace
23. His-and-Her clothing
25. Microwaved
26. Equilibrium
29. Exuberance
31. Rice dish
32. Height: Prefix
34. Court game org.
37. Second Cup, for example: 3 wds.
41. Comic actress Ms. Gasteyer
42. Peace, in Paris
43. "_ __ had time to..." (There was extra time, so...)
44. Dave Clark Five's "Catch __ __ You Can"
46. Ms. Danes
47. Chicago airport
50. Set up
53. St. __ Canadian Memorial, in Belgium
55. Middle East country
56. Potsie's portrayer ...his initials-sharers
59. Blood-typing letters
60. Toffee brand in the tartan wrapper
63. "__ out!" (Ump's call)
64. Barenaked Ladies singer: 2 wds.
65. Jrs. dads
66. Songstress, Taylor __
67. Playwright Eugene O'Neill's daughter's namesakes

Down
1. Chuckling sounds
2. Help __ __ hand
3. Sandwich sort
4. Brick carrier
5. Saskatchewan town that is home to the 'World's Largest Tomahawk': 2 wds.
6. Inclines
7. Imperial decree
8. Romanian currency
9. Stop __
10. Greek goddess
11. Tatshenshini-__ Park, in northwestern BC
12. 'V' of CV
13. Buy
15. Actress Ms. Anderson's
22. Fun-rhymer
23. The States fliers, commonly
24. Photocopy
26. Shelter gr.
27. Common noun suffix
28. Racing's Romeo
30. Prune
32. "Have _ __ trip home!"
33. Phi's Greek alphabet follower
34. "Avatar" (2009) species
35. Casket stand
36. Green Gables girl
38. Prefix meaning 'Over'
39. Soapy-tasting-to-some herb
40. Hatful
44. Mr. Geller
45. Appeared
46. Construction site sight
47. "Back Stabbers": 1972 hit by The __
48. Journalist/broadcaster, Karina __
49. Then: French
51. Camera company
52. "The __ has spoken." - Jeff Probst, "Survivor"
54. Zilch
56. PGA part [abbr.]
57. Nelly Furtado's 2000 debut album: '__, Nelly!'
58. American SINs equivalents
61. Sob
62. Ear: Prefix

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

5					1	7	6	
	9			6		2	4	
8			3					9
				2			3	1
		5				6		
1	6			5				
6					3			2
	4	7		1			9	
	1	2	5					6

Yesterday's Sudoku

5	9	3	7	1	8	6	4	2
2	8	1	6	4	5	7	3	9
7	4	6	9	2	3	8	5	1
9	3	5	8	7	4	1	2	6
4	6	2	1	5	9	3	7	8
1	7	8	3	6	2	5	9	4
8	5	9	2	3	1	4	6	7
3	2	7	4	8	6	9	1	5
6	1	4	5	9	7	2	8	3

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FIRST CANADIAN PLACE, TORONTO
ORFUS ROAD, NORTH YORK
JACKSON SQUARE, HAMILTON
TORONTO PREMIUM OUTLETS, HALTON HILLS

*Offer cannot be used in conjunction with the 20% discount offered for New Prestige members. Offer is valid from March 6th from 5:00-9:00pm only (with the exception of select stores). Offer cannot be used in conjunction with any other promotional offer or on previously purchased merchandise. Excludes Prestige and gift card purchases. Other restrictions may apply. Offer valid at all Suzy locations, excludes select outlets.

Prestige Members receive an additional 10% off their purchase!

SUZY
SUZYSHIER.COM

kia.ca ›

KIA DARE TO COMPARE SALES EVENT

THROWBACK PRICING≠

PAYMENTS LIKE THEY WERE 15 YEARS AGO

2014 IIHS TOP SAFETY PICK

Optima SX AT shown△

THE NEW 2014 OPTIMA

hwy / city 100km^ 5.7L/8.9L

THROWBACK PRICING

WAS ~~$147~~

$107≠ $0 DOWN. BI-WEEKLY for the first 15 MONTHS.

6-SPEED AUTOMATIC

0% financing

Includes Variable Throwback Pricing Incentive. $107 bi-weekly payments include $1,280 Throwback Pricing Incentive. Payments are based on 2014 Optima LX AT (OP742E), financing for 84 months. After 15 months, bi-weekly payments increase to $147. Throwback Pricing Incentive may be taken as a lump sum or to reduce financed amount. *

"BEST ECONOMY CAR" MOTORING 2014

Forte SX shown△

THE ALL-NEW 2014 FORTE

hwy / city 100km^ 5.3L/8.0L

THROWBACK PRICING

WAS ~~$98~~

$78≠ $0 DOWN. BI-WEEKLY for the first 15 MONTHS.

6-SPEED MANUAL

0% financing

Includes Variable Throwback Pricing Incentive. $78 bi-weekly payments include $640 Throwback Pricing Incentive. Payments are based on 2014 Forte LX MT (FO541E), financing for 84 months. After15 months, bi-weekly payments increase to $98. Throwback Pricing Incentive may be taken as a lump sum or to reduce the financed amount.*

SiriusXM SATELLITE RADIO | STEERING WHEEL AUDIO CONTROLS | AUX & USB INPUT PORTS

Rio4 SX with Navigation shown△

THE NEW 2014 RIO

hwy / city 100km^ 5.3L/7.5L

THROWBACK PRICING

WAS ~~$91~~

$68≠ $0 DOWN. BI-WEEKLY for the first 15 MONTHS.

6-SPEED MANUAL

0.99% financing

Includes Variable Throwback Pricing Incentive. $68 bi-weekly payments include $736 Throwback Pricing Incentive. Payments are based on 2014 Rio LX MT (RO541E), 60-month financing amortized over 84 months. After 15 months, bi-weekly payments increase to $91. Principal balance of $4,660 due after 60 months. Throwback Pricing Incentive may be taken as a lump sum or to reduce financed amount.*

OFFER ENDS MARCH 31ST

5 Year Warranty* WE'VE GOT YOU COVERED *5-year/100,000 km worry-free comprehensive warranty.

Proud Partner of madd Saving Lives, Supporting Victims

Kia's new Customer Friendly Pricing includes delivery and destination fees, dealer admin. fee up to $399 and all mandatory government levies. Prices do not include licensing or applicable taxes.

KIA.CA

GTA KIA .ca

KIA The Power to Surprise

Offer(s) available on select new 2013/2014 models through participating dealers to qualified retail customers who take delivery by March 31, 2014. Dealers may sell or lease for less. Some conditions apply. See dealer for complete details. Vehicles shown may include optional accessories and upgrades available at extra cost. All offers are subject to change without notice. All pricing includes delivery and destination fees up to $1,665, $34 OMVIC fee, environmental fee, variable dealer administration fees (up to $399) and $100 A/C charge (where applicable) and excludes licensing, registration, insurance, other taxes and down payment (if applicable and unless otherwise specified). Other lease and financing options also available. *Throwback Pricing available O.A.C. on financing offers on new 2013/2014 models. Financing for 84 months example: 2014 Optima LX AT (OP742E)/2014 Forte LX MT (FO541E) with a purchase price of $26,713/$17,913 (including $1,485 freight/PDI and $399 administration fee) financed at 0% for 84-month period with $0 down payment equals 32 reduced bi-weekly payments of $107/$78 followed by 150 bi-weekly payments of $147/$98. Throwback Pricing Incentive varies by model and trim level and may be taken as a lump sum or to reduce the financed amount. The Throwback Pricing Incentive for the 2014 Optima LX AT (OP742E)/2014 Forte LX MT (FO541E) shown is $1,280/$640 (a $40/$20 reduction in 32 bi-weekly payments). Limited time offer. See retailer for complete details. Throwback Pricing is a trademark of Kia Canada Inc. 60/84 Amortization Financing example: 2014 Rio LX MT (RO541E) with a purchase price of $15,915 (including $1,485 freight/PDI and $399 administration fee) financed at 0.99% for 60 months amortized over an 84-month period with $0 down payment equals 52 reduced bi-weekly payments of $68 followed by 98 bi-weekly payments of $91 with a principal balance of $4,660 plus applicable taxes due after 60 months. Cost of borrowing is $513.61 and total obligation is $16,427. Throwback Pricing incentive varies by model and trim level and may be taken as a lump sum or to reduce the financed amount. The Throwback Pricing incentive for the 2014 Rio LX MT (RO541E) shown is $736 (a $23 reduction in 32 bi-weekly payments). Limited time offer. Offer excludes HST and other applicable taxes. See retailer for complete details. 0% purchase financing is available on select new 2013/2014 Kia models O.A.C. Terms vary by model and trim, see dealer for complete details. ^Model shown Manufacturer Suggested Retail Price for 2014 Forte SX (FO748E)/2014 Optima SX AT (OP749E)/2014 Rio4 SX with Navigation (RO749E) is $26,395/$33,095/$20,095. ^ Highway/city fuel consumption is based on the 2014 Forte 1.8L MPI 4-cyl (M/T)/2014 Optima 2.4L GDI (A/T)/2014 Rio4 1.6L GDI 4-cyl (M/T). These updated estimates are based on the Government of Canada's approved criteria and testing methods. Refer to the *EnerGuide Fuel Consumption Guide*. Your actual fuel consumption will vary based on driving habits and other factors. 2014 Top Safety Pick – U.S. Insurance Institute for Highway Safety (IIHS) for model year 2014. U.S. model tested. Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Kia is a trademark of Kia Motors Corporation.